



Course Descriptor
AHND 486 Medical Nutrition Therapy II

Proposed Academic Year	2020-2021	Last Reviewed Academic Year	
Course Code	AHND 486	Course Title	Medical Nutrition Therapy II
Credit hours	3	Level of study	Bachelor
College / Centre	CAHS	Department	FSHN
Co-requisites		Pre-requisites	AHND 485

1. COURSE OUTLINE

[The course is offered to students of the Food Science and Human Nutrition Program of the College of Applied Sciences (CAS). It is designed to examine the implementation of diet therapy and nutrition support in the treatment and management of acute diseases and critical illness such as metabolic stress, burns, surgery & brain injury, sepsis, COPD and cancer. It also describes the scientific basis behind using enteral and parenteral nutrition and immune-nutrients to modulate the immune response and improve clinical outcomes in cancer, surgical and critically ill patients. The practical part of the course includes hospital visits and some class-case studies to teach the student how to obtain and analyze the required information from the patients' medical records and design a diet management plan accordingly]

2. AIMS

[This course aims to

- Introduce students to the concept of physiologic response to stress and critical illness
- Describe the hyper-metabolic response of the body to critical illness after exposure to a metabolic stress or stimulus.
- Describe the effect of hyper-metabolic response on substrate utilization and the body's adaptation to starvation.
- Explain how to make use of the stress response to plan a nutrition therapy program using enteral or parenteral routes or both.
- Explain the role of nutrition in the management, alleviation and prevention of critical illness.
- Recognize the immune response to injury and illness.
- 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

Learning Outcomes (Definitive)	Teaching and Learning methods (Indicative)	Assessment (Indicative)
Upon successful completion of this course, students will be able to:		
1. 1. Explain the metabolic changes and immune response	Interactive Lectures, tutorials and seminars.	Written examination, including



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<p>resulting from the exposure to a metabolic stress stimulus, such as the production of free radicals, cytokines and acute-phase proteins.</p>		<p>MCQs, True/False and fill in the space questions, matching questions and case studies.</p>
<p>2. 2. Identify factors which play an important role in the treatment, alleviation or the prevention of critical illness (e.g. burns, surgery, injuries, cancer). Recognize the role of nutrition in the treatment of metabolic stress cases and critical illness Gather required information from the patients' file Outline the dietary plan suggested for the patients</p>	<p>Interactive lectures using class discussion, brain storming, case studies, etc.</p>	<p>Written examination and case studies.</p>
<p>3. 3. Applying NCP model for documentation of patient files in the given case studies in critical care.</p>	<p>Interactive, case studies</p>	<p>Group Presentation, Monitoring students' progress in the selected activity</p>
<p>4. 4. Applying appropriate information technology, communication and computer skills to gather and interpret information on selected topics Prepare an oral presentation and defend their ideas making use of communication skills.</p>	<p>Interactive, case studies Assignments, seminars and presentations</p>	<p>Group Presentation, Monitoring students' progress in the selected activity Observation of students & using checklists for observed skills</p>
<p>5. Conducting nutrition assessment for patients with critical illness using suitable methods. Writing a diet plan for patients with critical illness.</p>	<p>Hospital Visits & Case Studies</p>	<p>Practical examination (clinical case studies examination) Observation of students during their hospital visits and clinical work Checklists for observed behaviors whilst students perform defined tasks.</p>

4. ASSESSMENT WEIGHTING



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Assessment	Percentage of final mark (%)
First-Midterm Examination	15
Second Mid-term Examination	15
Quiz	5
Practicum and Hospital work	30
Presentation	5
Final Examination	30
TOTAL	100

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)

Application of Nutrition Care Process, nutrition screening and assessment, and medical record documentation. The continued study of pathophysiology and principles of medical nutrition therapy for various disease states.

The Metabolic Response to Stress

Introduction to Enteral, and Parenteral Nutrition

Introduction to Diabetes: Overview

Immuno-Nutrition

Medical Nutrition Therapy for Diabetes Mellitus I

Medical Nutrition Therapy for Diabetes Mellitus II

Medical Nutrition Therapy for Cardiovascular Disease I

Medical Nutrition Therapy for Cardiovascular Disease II

Medical Nutrition Therapy for Lower GI disorders I

Medical Nutrition Therapy for Lower GI disorders II

Medical Nutrition Therapy for Burns (Part I)

Medical Nutrition Therapy for Burns (Part II)

Medical Nutrition Therapy for Pulmonary Diseases (Part I)

Medical Nutrition Therapy for Pulmonary Diseases (Part II)

Medical Nutrition Therapy for Cancer (Part I)



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TOTAL HOURS	45
Plus RECOMMENDED INDEPENDENT STUDY HOURS	15
TOTAL COURSE HOURS	60

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: ADA

(American Dietetic Association Manual); 6th edition. Available <http://www.eatright.org/>

Canadian Journal Dietetic Practice Research, available at:
<http://dcjournal.metapress.com/home/main.mpx>

Journal of the Academy of Nutrition and Dietetics, available
<http://www.adajournal.org/>

Australian Journal of Nutrition and Dietetics, available at: <http://ajnd.org.au/>

Food and Drug Authority, available at: www.fda.gov

The American Dietetic Association, available at: www.eatright.org

The British Dietetic Association, available at: www.bda.uk.com

Dietitians of Canada, available at: www.dietitians.ca

Dietitians Association of Australia, available at: www.daa.asn.au

Worldwatch Institute. Available online. URL: <http://www.worldwatch.org>.

[http://evolve Elsevier.com](http://evolve.Elsevier.com)

Open Educational Resources:



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