



Philadelphia University
Faculty of Science
Department of Clinical Nutrition and Dietetics
Second semester, 2020/2021

Course syllabus

Course title: Clinical Nutrition	Course code: 0910230
Course level: 3 rd Year	Course prerequisite (s) and/or corequisites (s): Biochemistry for Nursing (0240249)
Lecture time: Thur (12:10-3:00)	Credit hours: 3 hours.
	Contact hours: 3 hours sessions/week
Location: 9315- online course	

Academic Staff Specifics

Name	Rank	Office number and location	Office hours	E-mail address
Buthaina Alkhatib	Assis.Prof.	812	Sun-Thu (10:00-11:00)	bkhatib@philadelphia.edu.jo

Course description

This theoretical course will acquire students with adequate knowledge about the science of nutrition and its role in health maintenance and disease prevention or management.

The focus of this course is to provide students the main principles of the nutrition therapy needed in any field of practice and how to integrate nutrition therapy into the nursing process. Nurse student will recognize nutrition science as a solid tool that enable him\her to provide a holistic, evidence based and reliable client care through all stages of life.

Course objectives

At the end of this course, students will be able to:

- Recognize the foundation of normal nutrition, covering the macronutrients, vitamins, minerals, fluid and energy balance.
- Identify the basic principles and concepts of nutritional science and applies them to a population group such as sports nutrition, allergy and culturally competent nutrition.
- Apply the principles of nutrition to individual patient care and nutritional assessment through life cycle.
- Discuss the concepts of diet therapy and clinical nutrition
- Recognize how to practice nutrition therapy based on body systems and their disorders.

Learning Outcomes:

□ Knowledge and understanding

- o To understand nutrition as an aspect of total health care
- o To realize nursing role for individual, family and community nutrition
- o To differentiate between nutritional screening and assessment

□ Cognitive skills (thinking and analysis).

- o Select the foods which the primary sources of CHO, fat and proteins
- o Identify the relationship between a health history and nutritional status.
- o Recognize the components of the daily food guide.
- o interprets abnormal lab results which indicate nutritional problems

□ Practical and subject specific skills (Transferable Skills).

- o Select clinical signs which suggest malnourishment.
- o Measure body weight, height, triceps skin folds and mid arm circumference.
- o Calculate BMI
- o Use computers for research & written case study.

□ Attitude:

- o To value the importance of nutritional screening during each client encounter
- o To appraise risk factor for malnutrition and formulate nursing intervention to reduce the risk
- o To value nursing role in identifying individuals at risk for malnutrition

Course/ resources

1. Nutrition and diet therapy for nurses by Sheila Tucker (2011)

2. Additional References:

- a. Molly,s.& Geetha, N.(2000). A textbook of nutrition for nurses. New Delhi: Jaypee Brothers medical publishers.
- b. Dudek, s. (2007). Nutrition essentials for Nursing practice. (5th ed.).New York: Lippincott Williams& Wilkins

Teaching methods

Each week One **online** lectures (3 hours session). Student questions and student participation in discussions are encouraged.

Assessment instruments

- Exams (Midterm and Final Exams)
- Quizzes.
- Short reports and/ or presentations, and/ or Short research projects
- Homework assignments

<u>Allocation of Marks</u>	
Assessment Instruments	Mark
Midterm exam	30
Final examination: 50 marks	40
Reports, research projects, quizzes, homework, Projects	30
Total	100

Course Components

- **Nursing and nutrition care**

- **Principles of nutrition**
(Carbohydrates, Proteins, Fats, Vitamins, Minerals, Fluid and Energy balance)

- **Community nutrition and health promotion**
 1. Nutrition recommendation and standers
 2. Community nutrition
 3. Nutrition in sports

- **Nutrition in the life cycle**
 1. Nutritional assessment
 2. Pregnancy and lactation
 3. Infants ,children and adolescent
 4. Adult and older adult

- **Clinical nutrition and diet therapy**
 1. Nutrition care and support
 2. Weight management
 3. Cardiovascular disorders
 4. Diabetes mellitus
 5. Gastrointestinal disorders
 6. Cancer
 7. Immunodeficiency virus HIV
 8. Food and drug interaction
 9. dietary supplements in complementary care

Expected workload:

On average students need to spend 2 hours of study and preparation for each 50-minute lecture/tutorial.

Attendance policy:

Absence from lectures and/or tutorials shall not exceed 15%. Students who exceed the 15% limit without a medical or emergency excuse acceptable to and approved by the Dean of the relevant college/faculty shall not be allowed to take the final examination and shall receive a mark of zero for the course. If the excuse is approved by the Dean, the student shall be considered to have withdrawn from the course.

Course Academic Calendar

Week	Content	Home works/reports/ exams
1	Orientation Nursing and nutrition care	
2	Nutrients and health Carbohydrates, Protein, Fats	First quiz
3	Nutrients and health Vitamins, Minerals, Fluids	
4	Energy balance Nutritional assessment	Second quiz
5	Nutritional assessment Pregnancy	
6	Infant children and adolescent	
7	Adults and older adults	
8	Midterm exam	
9	Weight management Nutrition care and support	
10	Cardiovascular and lipid disorders Diabetes mellitus	3rd Quiz
11	Disorders of gastrointestinal tract, liver, pancreas, and gall bladder	
12	Renal diseases Physiological stress	
13	Cancer and human immunodeficiency virus (HIV) infections	4th Quiz
14	Food and drug interaction dietary supplements in complementary care	
15	Hospital Diets	
16	Final exam	

Documentation and academic honesty

- **Documentation style (with illustrative examples)**

Students should note that the material covered in the course is all found in the lab sheet. If a student would like to document any material written on the whiteboard they must be aware of making mistakes.

- **Protection by copyright**

When a student document any material related to this course or to any other course, he/she must refer to the reference

- **Avoiding plagiarism.**

Students must abide by the highest standards of academic integrity. Any form of academic dishonesty will result in a "zero" for that particular report or a "zero" for the course, at the instructor discretion. Any student who plagiarizes, cheats on exams, or otherwise behaves in a dishonest way may be reported to the university administration for further disciplinary action as specified in the University Regulations Manual.