



PHILADELPHIA UNIVERSITY
Faculty of Pharmacy
Department of Clinical Sciences
FIRST SEMESTER, ACADEMIC YEAR 2017/2018

Course syllabus

Course title: Special Topics	Course code: 0510553
Course level: 5 th year	Course prerequisite (s) and/or corequisite (s): Department's approval
Lecture time: Section 1: S, T, Th (8:10 -9 am) Section 2: M, W (12:45-14:15pm)	Credit hours: 3 credit hours
Location: Pharmacy Faculty, 5514 –Nursing faculty, 9415.	

Academic Staff

Specifics

Name	Rank	Office number, telephone extension and location	Office hours	E-mail address
Asma El-Shara'	Msc. Lecturer	Office no.527, Telephone extension: 2473, Faculty of pharmacy	S, T, Th 9:10- 10:00 M, W 11:15- 12:45 pm	aelshara@philadelphia.edu.jo

Course description

This course focuses on real life application of nutrition in a wide spectrum of population groups, diseases, treatment plans and interventions for chronic and emerging diseases that are related to nutrition. Course includes over view on nutrition and it needs as related to the life cycle and health conditions, disorders and diseases related to nutrition such as diabetes, cardiovascular, pregnancy and lactation, gastrointestinal disorders and other diseases. It also emphasize the elements of nutritional care process, concepts of dietary guides, criteria of the healthful diet, and interviewing and counseling techniques

Course objectives:

1. To develop practical skills in the use of dietary standards and guides in planning and management of meals and diets for the individual, family and groups under normal or physiological conditions.
2. To develop an understanding of the basic concepts of diet therapy, possible modifications of the normal diet and their therapeutic adaptation and evaluation; identify common hospital diets, their evaluation and routes of administration.
3. To acquire a fundamental background of formulation of selected therapeutic meals and diets, and explain related factors in dietary planning for each disease condition.
4. To develop practical skills related to nutrition and diet clinics, particularly clients check up and follow up strategies, applying the nutritional/clinical care process and executing adult education principles in clinical nutrition counseling. Give students an opportunity to improve their skills in problem-solving related to applied nutrition.

Course/ resources

- **Text book/ books (title , author (s), publisher, year of publication)**

1. *Understanding Normal and Clinical Nutrition*. Rolfes, S.R., Pinna. K., Whitney, E. 10th ed. Cengage Learning, Wadsworth :2015. ISBN-13: 9781285458762.
2. *Understanding Nutrition*. Whitney, E., Rolfes, S.R. 13th ed. Cengage Learning, Wadsworth: 2013. ISBN-13: 978-1-133-58752-1
3. *Nutrition and diet therapy*. Roth A. R.10th ed. New York: Cengage Learning- Delmar :2011. ISBN-13: 978-14354-8629-4.

Teaching methods

The content of this course will be presented in a variety of different formats:

- Lectures three credit hours per week;
- Assigned readings; and discussion in class.

Learning outcomes:

Subject- Specific Skills: Students is expected to

1. Apply and analyze methods of dietetics education principles and nutrition counseling, to give students an opportunity to develop their skills in oral communications, and to improve their skills in working cooperatively with other people.
2. Evaluate dietary guidelines for healthy eating.
3. Evaluate regular and therapeutic diets for particular physiologic or pathophysiologic conditions; formulate regular and therapeutic diets for particular physiologic conditions.
4. Be able to suggest solutions for problems related to human nutrition and dietetics.
5. Be able to apply nutritional/clinical care process for individuals and groups, and gain particular skills related to nutrition education and counseling.

Assessment instruments

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

<u>Allocation of Marks</u>	
Assessment Instruments	Mark
First examination	20
Second examination	20
Final examination	40
Reports, research projects, quizzes, homework, Projects	20
Total	100

Documentation and academic honesty

- Documentation style

Whenever applicable, students should conduct their assignments themselves whether individually or in a group work referencing all information, data, figures and diagrams taken from literature. The references should be given according to the acceptable format.

- Protection by copyright

Students should realize that some published information or data are the property of their authors and they are not allowed to use it without asking permission from the originators.

- Avoiding plagiarism.

Plagiarism is the unauthorized use or close imitation of the language and thoughts of another author and the representation of them as one's own original work, without proper acknowledgment of the author or the source. Students must pursue their studies honestly and ethically in accordance with the academic regulations. Cheating in exams and plagiarism are totally unacceptable and those who, intentionally, commit such acts would be subjected for penalties according to the University regulations.

Course/ academic calendar

week	Basic and support material to be covered	Homework/reports and their due dates
(1)	An over view of nutrition: the nutrients, dietary reference intake, and diet and health	
(2)	Planning a healthy diet: principles and guidelines and food labels	
(3)		Quiz 1
(4)	Energy balance and body composition.	
(5)	Research Methodology.	
(6) First examination	Weight Management: Overweight, Obesity, and Underweight, Medications, Herbal Products.	
(7)		Quiz 2
(8)	Water and the major minerals: fluids and electrolytes balance and trace minerals.	
(9)		Quiz 3
(10)	Enteral nutrition support	
(11) Second examination	Parenteral nutrition support	
(12)	Life Cycle Nutrition: pregnancy and lactation	Quiz 4
(13)	Life Cycle Nutrition: Infancy, Childhood, and Adolescence	
(14)	Life Cycle Nutrition: Infancy, Adulthood and later years.	
(15)	Nutrition in diabetes mellitus Nutrition in cardiovascular diseases: hypertension, HF, and CHD	
(16) Final Examination		

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.

Other Education Resources

Books

Students will be expected to give the same attention to these references as given to the Module textbook.

Hand book of clinical nutrition and ageing, connie watkins bales, 2th edition, 2009, ISBN 978-1-60327-384-8.

Journals and Websites

<http://www.clinicalnutritionjournal.com>

The American journal of clinical nutrition: <http://ajcn.nutrition.org>