

Course No.	Title of Course	Credit Hours
HND-315	Nutritional practices in clinical care	3(2-1)

Nutritional practices in clinical care

Learning Outcomes:

- To understand and create a patient-centered nutrition care plan based on sound nutrition principles, scientific evidence and biomedical reasoning
- To assess various physiological conditions and prepare diet plans accordingly

To acquaint hands-on training in the field of enteral and parenteral nutrition

Theory:

Importance of clinical care nutrition support; Nutritional screening and assessment; The therapeutic process, stress of the therapeutic encounter, focus of care, phases of the care process; Quality patient care and collaborative roles of nutritionists and nurses; Modified diets for various physiological needs; Enteral nutritional: composition, nutritional prescription (dose), strategies to optimize delivery and minimize risks, pediatric enteral feeding; Total parenteral nutrition; composition, intravenous nutritional prescription (dose) for specific conditions; Percutaneous endoscopic gastrostomy and radiologically inserted gastrostomy; Complications in enteral and parenteral nutrition; Nutritional therapy in diseases of infancy and childhood; Drug-nutrient interactions: drug effects on food and nutrients, food effects on drug absorption, food effects on drug; Dietary supplements.

Practical:

Nutritional assessment of patients: selection, nutritional requirements; Tube feeding: types, feeding equipment, preparation and application of enteral/naso- gastric diets, monitoring the tube-fed patient; Total parenteral nutrition: basic rules, techniques, prescription, preparation of total parenteral solution; Preparation of pre- and post-operative diets; Case studies and logbooks; Hospital visits.

Suggested Readings:

1. Block, A.S., J. Maillet, W.H. Howell and M.F. Winkler. 2007. Issues and Choices in Clinical Nutrition Practice. Lippincott Williams & Wilkins, Philadelphia, PA, USA.

2. Katsilambros, N., C. Dimosthenopoulos, M.D. Kontogianni, E. Manglara and K.A. Poulia. 2010. Clinical Nutrition in Practice, 1st ed. Wiley-Blackwell, John Wiley & Sons Ltd., Chichester, West Sussex, UK.
3. Katz, D.L. 2008. Nutrition in Clinical Practice, 2nd ed. Lippincott Williams & Wilkins, Philadelphia, PA, USA.
4. Rolandelli, R.H., R. Bankhead, J. I. Boullate and C.W. Compher. 2005. Clinical Nutrition; Enteral and Tube Feeding. 4th ed. Elsevier Saunders Publishers, USA.
5. Rolfes, S.R., K. Pinna and E. Whitney. 2015. Understanding Normal and Clinical Nutrition, 10th ed. Thomson and Wadsworth Publishers, USA.

