

COURSE CODE: NTD 313

COURSE TITLE: Diet Therapy 1

NUMBER OF CREDITS: 3 Credits

COURSE DURATION: Five hours per week (2 hours lectures & 3 hours practical)

Courseware developed by Akinyemi C. O., RD; B.Sc., M.Sc. Human Nutrition (Ibadan)

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Consultation Hours: 12.00 – 2.00pm Tuesdays & Thursdays

LECTURER DETAILS:

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Office: Nutrition Lab, Dept of Nutrition and Dietetics.

Consultation Hours: 12.00 – 2.00pm Tuesdays & Thursdays

COURSE DETAILS

Course Description:

This course is an introductory course to medical nutrition therapy, which is continued with Diet therapy II (NTD 408) in second semester of 400 level. This course includes the metabolic and physiological alterations in selected diseases as a basis for the implementation of dietary modifications. Relevant medical terminology is covered.

Course Content:

Diet as therapeutic tool. Drugs and physical therapy. Abnormalities of the GI tract. Therapeutic diets. Diseases of the liver, etc. classification of diets, ulcer diet, diabetic diet, or according to consistency or according to nutrients, high protein, high calories, low protein etc. general principles of diet preparation, personal hygiene, kitchen hygiene etc. Use of food composition to prepare diet.

Course Objectives:

Upon completion of this course students would be able to:

- Describe the principles of nutritionist management, including the control of disease & promotion of good nutritional status.
- Explain why food & drug interactions are considered in the nutritional care planning process.
- Diet calculations and menu selection for modified diets
- Modified diets for various disease states
- Define diet terms such as the following terms: Therapeutic Diet, Prudent Diet, Clear Liquid Diet, Full Liquid Diet, Soft Diet, Regular Diet.
- Identify some medical terms especially those relating to the modified diets.

- Compare & contrast the major classification of DM; include symptoms, metabolism changes, nutrition therapy & drug use.

Course Requirements:

Students are expected to participate in all course activities and a minimum of 75% attendance to qualify for writing the final examination. Students are expected to attend all classes in order to perform quality work for this course. Information provided during class time will be critical to successful completion of all assignments. All practical work must be done by students.

Methods of grading:

Attendance	5%
Two practical Exams – group & individual - 10% each	20%
Test	10%
Assignment	5%
Comprehensive Final Exam	60%
TOTAL	100%

Course Delivery Strategies:

The course objectives will be achieved by the traditional face to face weekly lectures on designated topics, lectures notes, Case studies, Demonstrations and open discussions. Toward the end of the semester, students will develop a meal plan in order to apply what they have learned in the course. The project will involve creating a meal plan to address specific dietary modification, preparing and serving the meal(s).

Lecture Content:

Week 1 & 2

- Introduction to the course
 - Course contents
 - Revision of NTD 103
 - The dietitian as a member in the health care team

Week 3 & 4

- Diet as therapeutic tool.
- Defining some Dietetic terms
- Introduce Therapeutic diets

Week 5

- The classification of diets according to consistency or according to nutrients, high protein, high calories, low protein etc.

Week 6 & 7

- General principles of diet preparation, personal hygiene, kitchen hygiene
- Use of food composition to prepare diet.

Week 8

- Therapeutic diets continue.

Week 9

- Drugs and physical therapy

Week 10 & 11

- Abnormalities of the GI tract.

Week 12

- Diseases of liver

Week 13

- Diabetes mellitus

Week 14

- General revision

Practicals

- Planning and preparing routine hospital diets: fluid diet, soft and normal diet.
- Planning, calculation and preparing diets for different disorders.

Reading Lists:

- Mahan, L.K. and S. Escott-Stump, Editors. 2008. Krause's Food & Nutrition Therapy. 12th Edition. W.B. Saunders Company, Philadelphia, PA
- Recent pocket size medical dictionary, such as the Stedman's Medical Dictionary for The Health Professions and Nursing (6th Edition, 2008) from Lippincott, Williams & Wilkins.
- American Dietetic Association. ADA Nutrition Care Manual. Online resource available with subscription (<http://www.eatright.org>).
- Dietitians of Canada. PEN: Practice-based Evidence in Nutrition. Online resource available with subscription. (<http://www.dietitians.ca>).
- Wardlaw, G.M. and A.M. Smith. 2009. Contemporary Nutrition. 7th Edition. McGraw-Hill Ryerson Ltd, New York, NY.
- Up-to-date Food Composition Tables.

Note: Other related reference books and journals should be available at the University library. Past Question Papers are also available in the University library. Students are strongly encouraged to consult them.