III SEMESTER
HARD CORE COURSES

FNH 501 CLINICAL NUTRITION AND DIETETICS – I

52 Hr (13× 4 units)

Course outcome:

At the end of this course the students will have a detailed understanding of-

CO 1. Basic concepts and interrelation between food health and nutrition, special therapeutic diets and its significance.
CO 2. Pre- and postoperative diet and team approach in patient care
CO 3. The special feeding methods, role of dietitian in hospital and the objectives of diet therapy.
CO 4. Etiology and pathophysiology of common diseases of digestive and respiratory systems and conditions like obesity and diabetes
CO 5. The concept of principle diet and the dietary management of various diseases.

Unit I: Introduction to clinical nutrition and therapeutic diet - Concept of inter relationship between foods, health and nutrition. Special diet – mechanical soft diet, clear liquid diet, full liquid diet, pre and post operative diet, team approach in patient care, role of dietitian in hospital, functions and classification, objectives of diet therapy. Enteral and parenteral feeding.

Unit II: Dietary management in common disease condition - Diet in fever (acute and chronic) -typhoid, malaria, tuberculosis, injury, burns, arthritis: rheumatoid and osteo-arthritis.

Unit III: Obesity and Underweight - etiological factors, types of obesity, assessment of obesity, theory of obesity – fat cell theory and set point theory, dietary modification, MNT. Eating disorders: anorexia, bulimia nervosa.
Diabetes mellitus - etiology, types, symptoms, diagnosis, treatment, short term and long term complications, physical activity and diabetes mellitus, glycemic index - factors affecting glycemic index.

Unit IV: Diet in Gastrointestinal disorders – Etiology, dietary modifications, MNT - Peptic ulcer, diarrhea, steatorrhea, celiac disease, inflammatory bowel syndrome, diverticular disease, lactose intolerance, gout, dumping syndrome, Crohn's disease, constipation.

REFERENCES

- Srilakshmi, B. Dietetics, New Age International (P) Limited, New Delhi
- Robinson C H. Normal and Therapeutic nutrition, Oxford & IBH Publishing Co, Calcutta
- Bamji, M S P. N Rao & Reddy, Text book of Human Nutrition, Oxford & IBH Publishing Co. Pvt. Ltd.
- Gopalan C. & S. Kaur, Towards Better Nutrition- Problem & Policies, NFI publications
- Swaminathan MS. 1985. Modern Nutrition in Health and Disease, Williams & Wilkins
- Shill ME & Young VR. Normal and therapeutic nutrition. 17th Ed. Macmillan Publishing Co. Modern Nutrition in Health & Disease 7th Ed.