IV SEMESTER
HARD CORE COURSES
FNH 551CLINICAL NUTRITION AND DIETETICS – II

52Hr (13× 4 units)

Course outcome:

At the end of this course students will be acquiring knowledge about-

- Basic concepts and interrelation between food and liver health.
- Various types of renal diseases and its dietary treatments.
- Process of dialysis and its role in renal disease.
- Etiology and pathophysiology of Cardiovascular diseases.
- The concept of dietary management in cancer and inborn errors of metabolism.

Unit I: Liver disorders - Functions of liver, agents for liver damage, fatty liver, effect of alcohol on liver, hepatitis, cirrhosis, hepatic encephalopathy, hepatic coma – Etiology, dietary modifications and MNT.
Pancreas disorders: pancreatitis (acute and chronic), cholilithiasis, cholecystitis – Etiology, symptoms, dietary modifications and MNT.

Unit II: Renal disorders - Functions of kidney, glomerulonephritis, nephritic syndrome, acute and chronic renal failure, dialysis, urolithiasis, uremia, urinary tract infections - – Etiology, symptoms, dietary modifications and MNT.

Unit III: Cardiovascular disorders - Clinical effects and risk factors, role of fat in the development of atherosclerosis, myocardial infarction, congestive heart failure, hyperlipoprotenimia, hypercholesterolemia, hypertension: types, symptoms and role of minerals in diet. Etiology, symptoms, dietary modifications and MNT. DASH diet.

Unit IV: Cancer and other disorders - Risk factors and symptoms, nutritional problem of cancer therapy, dietary management and nutritional requirement, role of food in etiology and prevention of cancer, eating problems in cancer and nutritional therapy, MNT.
Physiological changes and dietary management of AIDS. Inborn errors of metabolism: causes, consequences and dietary management of phenyl ketonuria, fructosemia, galactosemia, maple syrup urine disease.

REFERENCES

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- Bedi Y. P., Public Health and Hygiene, Atmaram & sons, Kashmere gate, Delhi.
- Bamji, M. S., P. N Rao & Reddy, Textbook of Human Nutrition, Oxford & IBH Publ. Co.
- Williams SR, RS Worthington, Introduction to Nutrition throughout the lifecycle
- Gopalan C., Combating under Nutrition – Basic issues & Practical Approaches, NFI Publications.
- Garrow, J. S., James, W. P.T and Raiph, A (2000), Human Nutrition and Dietetics, 10th ed., Churchill Livingstone
- Mahan, L. K and Escott Stump. S. (2008), Kraus's Food & Nutrition Therapy