

## Course Syllabus

<b>Course title and code:</b>	<b>Chronic Disease and Nutrition Therapy (CHS 343)</b>
<b>Program in which the course is offered:</b>	<b>Clinical Nutrition program</b>
<b>Credit hours</b>	<b>4hours (3 + 1)</b>
<b>total contact hours per semester</b>	<b>105 hours</b>
<b>Level at which this course is offered:</b>	<b>7<sup>th</sup> level</b>
<b>Course prerequisites:</b>	<b>-- --</b>
<b>Time:</b>	<b>Saturday;</b>  <b>lecture: 8.00-10.50 am</b>  <b>practical : 11:00-3:00pm</b>
<b>Location:</b>	<b>Class room NO --- at KCUH</b>
<b>College member responsible for the course</b>	<b>Dr. Mai Muammar (course coordinator)</b>  <b>Ghalia N. Abdeen</b>  <b>May Shahwan</b>
<b>Contact information:</b>	
<b>Office Number:</b>	<b>20 A1</b>
<b>Phone :</b>	<b>Office: 014355010 (ext. 530)</b> <b>Mobile: 0505322844 (Ghalia Abdeen)</b>
<b>Email:</b>	<b><a href="mailto:maymuammar@yahoo.com">maymuammar@yahoo.com</a></b>  <b><a href="mailto:gabdeen@ksu.edu.sa">gabdeen@ksu.edu.sa</a></b>  <b><a href="mailto:mayalshahwan@ksu.edu.sa">mayalshahwan@ksu.edu.sa</a></b>
<b>Office hours:</b>	<ul style="list-style-type: none"><li>▪ <b>Tuesday 10:00-12:00 p.m.</b></li><li>▪ <b>Wednesday 8:00-10:00 a.m.</b></li></ul>

### Course Description

In this Chronic diseases and Nutrition (CHS 343) course a student should learn how to treat/control or manage some chronic diseases such as Diabetes Mellitus, Cardiovascular Diseases, Hepatic, Gastric, Renal Diseases, Rheumatology & Bone health ,and Anemia and nutrients deficiency from nutritional point of view. And highlight some of the risk factors such as obesity, smoking, genetics and it's relation to these diseases. He/she should also be familiar with the in-patient files at hospital and how to Wright the SOAP note well.

### Teaching strategies

The course will be conducted in a form of lectures, practical sections (Hospital visits on weekly bases )

### Topics to be covered

List of topics	Week due	Contact hours
Course Introduction	1 <sup>st</sup> ,	5
Obesity	2 <sup>nd</sup>	5
Diabetes Mellitus	3 <sup>rd</sup> , 4 <sup>th</sup> ,	10
Cardiovascular Disease	5 <sup>th</sup> , 6 <sup>th</sup>	10
Anaemia	7 <sup>th</sup>	5
Gastric Disease	8 <sup>th</sup> , 10 <sup>th</sup>	10
Hepatic Desease	11 <sup>th</sup>	5
Renal Disease	12 <sup>th</sup> , 13 <sup>th</sup>	10
Rheumatology & Bone Health	15 <sup>th</sup>	5

### Schedule of Assessment Tasks for Students During the Semester

Assessment task	Week due	Proportion of Final Assessment
Mid term I	7 <sup>th</sup> week	20 %
Mid term II	14 <sup>th</sup> week	20 %
Assignments and discussion + Quiz	From 1 <sup>st</sup> -15 <sup>th</sup> week	10 %
Practical Exam (Open Book)	16 <sup>th</sup> week	10 %

Final Exam	16 <sup>th</sup> -18 <sup>th</sup> wk	40 %
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- Lecture (1)            **Introduction to the chronic diseases going to cover as lectures and practical sections.**
- Lecture (2)            **Obesity as a major underling cause and not only as a risk factor; prevention and intervention.**
- Lecture (3,4)            **Diabetes Mellitus; Types of Diabetes; Etiology, Pathophysiology and Management (briefly cover the medical management and elaborate in the nutrition management for the disease)**  
  
**Cover the Insulin Distribution, Carbohydrate counts and Briefly the Glyceamic index for foods**
- Lecture (5,6)            **Cardiovascular Disease, Hypertension and heart failure; Etiology, Pathophysiology and Management (briefly cover the medical management and elaborate in the nutrition management for the disease)**
- Lecture (8)            **Anemia; Types; Etiology, Pathophysiology and Management (briefly cover the medical management and elaborate in the nutrition management for the disease)**
- Lecture (9, 10)            **Gastric Diseases; Upper and lower; Etiology, Pathophysiology and Management (briefly cover the medical management and elaborate in the nutrition management for the disease)**
- Lecture (11)            **Hepatic Disease and Pancreatitis; Etiology, Pathophysiology and Management (briefly cover the medical management and elaborate in the nutrition management for the disease)**
- Lecture (12,13)            **Renal Diseases; pre dialysis and Types of dialysis. Etiology, Pathophysiology and Management (briefly cover the medical**

management and elaborate in the nutrition management for the disease)

Lecture (15)

**Rheumatology & bone Health; Etiology, Pathophysiology and Management (briefly cover the medical management and elaborate in the nutrition management for the disease)**