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| **Description: Picture1** | **King Saud University**  **Applied Medical Science College**  **Community Health Sciences Department**  **Nutrition Therapy for Chronic Diseases (CHS 343)** |  |

**Program in which the course is offered:** Clinical Nutrition Program

**Course prerequisites:** CHS 268

**Credit Hours:** 4 (3+1) credit hours

**Instructor Contact Information and Office Hours:**

**Ms. Sara Alsilmi, MA, CD**

Office: 014350526/ 851

Email: [salsilmi@ksu.edu.sa](mailto:salsilmi@ksu.edu.sa)

Office Hours: Monday from 10 am-12 pm

Wednesdays from 9 am-12 pm

**Mrs. Noura Althukair, CD**

Office: 014350526/ 722

Email: [nalthukair@ksu.edu.sa](mailto:nalthukair@ksu.edu.sa)

Office Hours: Monday from 9 am-11 am

Wednesdays from 9 am- 11 am

**Mrs. Samaher Alsadhan, CD**

Office: 014350526/ 223

Email: [samalsadhan@ksu.edu.sa](mailto:samalsadhan@ksu.edu.sa)

Office Hours: Sundays from 9 am – 10 am

Tuesdays from 10 am- 11 am

**COURSE DESCRIPTION**

At the end of this course the student knows the types of diet used in the treatment of some chronic diseases (e.g. diabetes and the chronic diseases of the renal, liver, bones, and heart and arteries), and knows the factors that might help in getting these diseases (e.g. obesity, genetic, bad dietary habits and smoking). The practical part of the course includes hospital visits to be more familiar with the diet therapy of the diseases that covers in the theoretical part of the course.

**COURSE OBJECTIVES**

By the end of this course, students will be able to:

* Manage some chronic diseases from nutrition point of view, through learning the disease (Definition, risk factors, biomarkers, drug nutrient interaction and the medical nutrition therapy).
* Learn the difference in nutrition management between adult and pediatric patient.
* Search for a related topic, read a scientific paper and discuss it in groups.
* Assess the patient and write a SOAP note after analyzing the in-patient files at a hospital, estimate the dietary requirements, exchange list and a meal (or day) plan.

**DATES AND LOCATION**

**Lectures:** Classes are held on Tuesdays from 8:00 am to 10:50 am beginning September 3rd, 2013 and ending January 5th, 2014 (unless Make-Up days are needed). Classes will be held in **CHS 2**. Classes begin and end on time and students are expected to be punctual unless prior arrangements have been made.

**Practical:**

1. Practical classes: classes will be held on Tuesdays from 11 am to 12 am

Group (33897): in **CHS 3**

Group (33896): in **CHS 2**

2. Hospital visits to **KKUH:**

Group (33897): on Sundays from 1- 2 pm

Group (33896): on Mondays from 2- 3 pm

**ATTENDANCE POLICY**

Full attendance and participation are essential to the successful completion of this course and the material being offered. With this in mind, it is also understood that situations do come up that make it necessary to miss classes occasionally. Students must make arrangements with the instructor prior to the class if they know they need to be gone during part or all of one of the classes. In case of an emergency, students must notify the instructor and/or their academic advisor as soon as possible once they know they will not be attending. **A 25% absence will counted as incomplete.**

**COURSE REQUIERMENTS**

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| **Assessment** | **Proportion of final assessment** |
| **Assignments** | 10% |
| **Midterms** | 40% |
| **Practical final exam** | 10% |
| **Final Exam** | 40% |

Exams will **not be repeated** for students who did not attend the exam on time **unless** **approval** from the Head of the Department of Community Health Sciences.

**REQUIRED TEXT BOOKS AND READINGS**

1. Understanding Normal and Clinical Nutrition, 8th edition
2. Krause's Food & the Nutrition Care Process, 13th edition
3. The Manual of Clinical Nutrition
4. British National Formulary

**ASSIGMENTS**

1. **Student should hand the assignments in class according to the set dates (which is one week from the given assignment).**
2. **Every one-day delay will be marked with 1 Point. Assignments will not be accepted after a one week delay**
3. **In case of absence student should email the assignments**.

**GENERAL INSTUCTIONS FOR HOSPITAL VISITS**

Students are expected to commit to the following hospital rules as follows:

1. Silence and respect while entering the ward, taking into consideration the patient's privacy and medical condition.

2. Students must follow the conservative dress (long skirt, lab coat, head veil) [No pants or make up are allowed).

3. Students are not allowed to give the patient any information regarding his/her medical condition or interfering in the health care process applied in the course of treatment at the hospital.

**NOTE: This course outline is flexible and may change as deemed necessary or appropriate by the instructor or as other relevant information and opportunities arise.**

**COURSE OUTLINE**

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| **Date** | **Week #** | **List of Topics** |
| September 3rd | 1st | Course Introduction |
| September 10th | 2nd | Obesity |
| September 17th | 3rd | Diabetes Mellitus-1 |
| September 24th | 4th | Diabetes Mellitus-2 |
| October 1st | 5th | **Module 1 Examination** |
| Cardiovascular Diseases |
| October 8th | 6th | Disorders of the Upper GI Tract |
| October 15th | 7th | Vacation ☺ |
| October 22nd | 8th | Anemia |
| October 29th | 9th | **Module 2 Examination** |
| November 5th | 10th | Renal Diseases-1 |
| November 12th | 11th | Renal Diseases-2 |
| November 19th | 12th | **Module 3 Examination** |
| November 26th | 13th | Disorders of the Lower GI Tract |
| December 3rd | 14th | Liver Diseases and Gallstones |
| **December 10th** | 15th | Rheumatology & bone Health |
| **December 17th** | 16th | **Module 4 Examination** |
| **December 24th** | 17th | **Practicum Final Exam** |
| **December 31st** | 18th | **Revision** |
| **January 5th** |  | **Final Exam** |