## CHS 343-Chronic Diseases and Nutrition

Second Semester 1434- 4.0 (3+1) Credit Hours

Ms. Sara Alsilmi, MA, CD

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* **COURSE SYLLABUS –**

**Instructor Contact Information and Office Hours:**

Sara Alsilmi, MA, CD

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Office Hours: Sunday from 10 am-1 pm

 Monday from 9 am- 11 am

**Course Description:**

The **course concentrates on the treatment/control or management of some chronic diseases such as Diabetes Mellitus, Cardiovascular, Hepatic, Gastric, Renal Diseases, Rheumatology &Bone health and Anemia. The course will highlight Nutrient deficiencies from a nutritional point of view and some of the risk factors such as obesity, smoking, genetics and it’s relation to these diseases. Students will be familiar with the in-patient files at hospitals and how to write a SOAP note.**

**Course Objectives:**

1. Objective #1: 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).

2. Objective #2: Learn the difference in nutrition management between adult and pediatric patient.

3. Objective #3: By the end of the course, the students will be able to search for a related topic, read a scientific paper and discuss it in groups.

**4. Objective #4:** 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/Time/Place:**

Lectures: Classes are held on Sundays from 10:00 am to 12:50 pm beginning January 27th, 2013 and ending May 12th, 2013 (unless Make-Up days are needed). Classes will be held in **CHS 1**. Classes begin and end on time and students are expected to be punctual unless prior arrangements have been made.

Practical: Practical classes will be held on Sunday from 1:00 pm- 2:00 pm in **CHS 1.**

Hospital visits to **KKUH** will be held on Tuesdays from 8:00 am- 9:00 am.

**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.

**General instructions at Hospital:**

**Students are expected to be committed to the following hospital rules as follows:**

* **Silence and respect while entering the ward, taking into consideration the patient's privacy and medical condition.**
* **Students must follow the conservative dress (long skirt, lab coat, head veil) [No pants or make up are allowed).**
* **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.**

**Course Requirements:**

**1. Attendance:** An attendance sheet will be passed around at the beginning of each class. Students are responsible for signing in on this attendance sheet. If a student is not signed in on the attendance sheet, it will be counted as an absence.

**2. Participation:** this includes engagement in class discussions, submission of informal assignments, and contribution of original thinking, submitting questions from readings, asking questions, drawing connections, agreeing, disagreeing, etc

**3. Assignments (10 points)**

**4. Midterms (40 points)**

**5. Practical Final Exam (10 points)**

**6. Final Exam (40 Points)**

**Required Text Books and Readings:**

Understanding Normal and Clinical Nutrition, 8th edition

British National Formulary

**Recommended Text Books and Readings:**

1. Krause's Food, Nutrition, & Diet Therapy by L.Kathleen Mahan, Sylvia Escott-Stump.

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Consider exploring the following journals, websites or resources:

* [**www.fda.gov**](http://www.fda.gov)
* [**www.eatright.org**](http://www.eatright.org)

**- COURSE OUTLINE -**

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| **Date** | **Week #** | **List of Topics** |
| January 27th  | 1st | Course Introduction |
| February 3rd  | 2nd | Obesity |
| February 10th  | 3rd | Diabetes Mellitus-1 |
| February 17th  | 4th  | Diabetes Mellitus-2 |
| February 24th  | 5th  | **Module 1 Examination** |
| Liver Diseases and Gallstones |
| March 3rd  | 6th  | Disorders of the Upper GI Tract |
| March 10th  | 7th  | Module 2 examination |
| March 17th  | 8th | Disorders of the Lower GI Tract |
| March 24th  | 9th | **Vacation** |
| March 31st  | 10th | Renal Diseases-1 |
| April 7th  | 11th | Renal Diseases-2 |
| April 14th | 12th  | **Module 3 Examination** |
| April 21st  | 13th  | Cardiovascular Diseases  |
| April 28th  | 14th  | Anemia |
| **May 5th**  | 15th  | Rheumatology & bone Health |
| **May 12th**  | 16th  | **Module 4 Examination** |
| **May 19th**  | 17th  | **Practicum Final Exam** |
| **May 26th**  | 18th | **Final Exam** |

**- Assignments -**

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**.

**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.**