

Vision, mission and goals of Clinical Nutrition program

Vision:

Leadership and excellence in the field of clinical nutrition.

Mission:

Graduating qualified clinical nutrition specialists provided with sufficient knowledge and skills and armed with values required for professional practices and leadership in the field of clinical nutrition that meet the aspirations of the community at the national and international levels.

Goals

- Providing the students with outstanding educational experiences in the field of clinical nutrition according to international standards that develop their professional practices.
- Building the students' competencies of critical thinking, problem solving and effective communication that help them dealing with various nutritional problems in collaboration with the health care team and other nutrition- related sectors.
- Integrating community service activities into the program to adopt healthy nutrition attitudes and behaviors and instill values of compassion, loyalty and belonging among students.
- Fostering the principles of life-long learning to empower students' professional self-development, and encourage their participation in conferences, workshops and clinical nutrition related scientific research activities.

Syllabus
CHS 555 - 62601/874
Evidence Based Practice Guidelines
3 hours (2 Theoretical + 1 Practical) / Elective (Master)
1st Semester of the Academic Year 1442-1443

Instructor: Khalid Aldubayan, PhD

Phone: (011) 469-3693

Email: kaldubayan@ksu.edu.sa

Office: 2316

Office Hours: Thursday, 09:00 AM – 01:00 PM or by appointment

Class Hours: Tuesday, 02:00 PM – 03:50 PM (Theoretical) at an online platform (TBA)
Tuesday, 04:00 PM – 04:50 PM (Practical) at an online platform (TBA)

Announcements: Please check regularly the following:
The instructor KSU's website: <http://fac.ksu.edu.sa/kaldubayan>
Blackboard: <https://lms.ksu.edu.sa/>
Students KSU's email: <http://ksu.edu.sa/ar/students>

Course Description

This course is designed to teach students how to develop and implement Clinical Practice Guidelines to facilitate evidence-based practice in the area of clinical nutrition.

Course Purpose

The purpose of this course is to help graduate students gain essential knowledge regarding developing systematic review through critical appraisal and acquire skills in translating evidence into practice.

Students Learning Outcomes and Objectives

- Identify various designs of nutrition studies
- Recognize quantitative and qualitative tools
- Critically evaluate articles related to nutrition and dietetic practices
- Recognize the process of developing
- Review national and international nutritional guidelines
- Translate evidence into practices by formulation practical recommendations

Readings

Required readings

- **Liamputtong, P.** (2010). *Research methods in health: foundations for evidence-based practice*.
- **Monsen, E. R., & Van Horn, L.** (2008). *Research: successful approaches*. American Dietetic Association.

Essential readings

- **Webb, P., & Bain, C.** (2011). *Essential epidemiology: an introduction for students and health professionals*. Cambridge University Press.
- **Willet, W.** (2013). *Nutritional Epidemiology*. 3rd ed. Oxford University Press, USA

Recommended readings

- American Journal of Epidemiology. Available at <http://aje.oxfordjournals.org/>
- International Journal of Epidemiology. Available at <http://ije.oxfordjournals.org/>
- Public Health Nutrition, Available at <http://journals.cambridge.org/action/displayJournal?jid=PHN>
- Journal of epidemiology. Available at <http://www.jstage.jst.go.jp/browse/jea>
- American Journal for Clinical Nutrition. Available at <http://www.ajcn.org/>

Topics to be covered

List of topics	Week	Hours	Practical (% of Assessment)
Introduction to Research & Type of Studies	1 st , 2 nd	6	
Systematic Review & Meta-Analysis	3 rd , 4 th	6	PICO + write out search strategy (type of studies, database, ..etc) (5%)
Dietary Guidelines – Development & Implementation - (KSA, USA, AU)	5 th , 6 th	6	Group presentation (10%)
Nutritional Reference Values – Development & Implementation - (KSA, USA, AU)	7 th , 8 th	6	Group presentation (10%)
Food Composition Tables or Databases – Development & Implementation - (KSA, USA, AU)	9 th , 10 th	6	Group presentation (10%)
Critical Appraisal	11 th , 12 th	6	Complete and present critical appraisal (10%)
Results of the systematic review (Final Presentation)	13 th	3	Present PRISMA flow diagram + summary table and submit final report (15%)

Schedule of Assessment Tasks for Students During the Semester

Assessment task	Week due	Proportion of Final Assessment
Midterm “PRISMA + Final Report”	10 th week	15 %
Practical	1 st -13 th week	45 %
End Semester Exam	16 th - 18 th week	40 %

المادة الثامنة والعشرون :

تحسب التقديرات التي يحصل عليها الطالب في كل مقرر كما يلي :

وزن التقدير من (4)	وزن التقدير من (5)	رمز التقدير	التقدير	الدرجة المنوية
4.00	5.00	أ+	ممتاز مرتفع	100-95
3.75	4.75	أ	ممتاز	90 إلى أقل من 95
3.50	4.50	ب+	جيد جداً مرتفع	85 إلى أقل من 90
3.00	4.00	ب	جيد جداً	80 إلى أقل من 85
2.50	3.50	ج+	جيد مرتفع	75 إلى أقل من 80
2.00	3.00	ج	جيد	70 إلى أقل من 75
1.50	2.50	د+	مقبول مرتفع	65 إلى أقل من 70
1.00	2.00	د	مقبول	60 إلى أقل من 65
0	1.00	هـ	راسب	أقل من 60

(Source: http://dar.ksu.edu.sa/sites/dar.ksu.edu.sa/files/imce_images/majlis4c.pdf)

Final & Midterm Exams

Depending on the precautionous procedures, the necessary exams will be designed and informed by the instructor.

Course Policies

- **Attendance:**

- All students are required to attend all scheduled lectures/ practical/ clinical sessions on time. According to the KSU law, if the student exceeds a 25% unexcused absence, he/she will not be allowed to take the final exam. Please refer to: http://dar.ksu.edu.sa/sites/dar.ksu.edu.sa/files/imce_images/majlis4c.pdf

- All students are expected to come to the lectures/ practical/ clinical sessions prepared, on time, and remain for the full session period.
 - Students who arrive to class 15 minutes late for two times will be considered absent for one session. It is the student responsibility to inform the instructor at the end of the session that he/she arrived after the attendance was taken, otherwise the student will be considered absent for that session.
 - Leaving before the end of the session is not permitted except after instructor's approval otherwise early leaving without permission for two times, the student will be considered absent for one session.
 - In case of late arrival to the session combined with leaving before the end of the session without instructor's permission, the student will be considered absent for one session.
- **Exams:**
 - The midterm exams may cover certain topics within the course but the final exam will be comprehensive and cover all course' topics
 - NO makeup/alternative exams without a valid excuse accompanied with the necessary official documentation, moreover, for the absence to be regarded as authorized, you must inform your course instructor, preferably by email, before the exam due date. The course instructor can accept the student's excuse or refer the student to his/her academic counselor after filling a form "**shown at the end of this file**", sign from the course instructor and given to his/her academic counselor who will send the signed form accompanied with the excuse to the coordinator of the department academic counselling committee to make the decision. If the academic counselling committee accepts the excuse, the student's academic counselor will e-mail the student with the decision. The student has to arrange with his/her course instructor the appropriate time to take the makeup/alternative exam that should not be more than two weeks from the initial scheduled examination time except in certain circumstances based on a recommendation of the academic counselling committee, the exam can be postponed but not more than one week before the final exams' dates.
 - Any student can look at his/her midterm exams' answer papers after arranging the proper time with the course instructor, but if he/she wants to look at the final exam' answer paper, he/she should write a formal letter asking a permission from the head/vice head of the department.
- **Course textbooks/ handouts:** Students are recommended to bring their textbooks/ handouts/ manuals and/or notebooks during lectures/ practical/ clinical sessions.
- **Assignments:**
 - Assignments should be submitted on their due dates.
 - If you are unable to come to submit the assignment on its due date "the student can discuss an alternative way with his/her instructor".
 - Certain points/marks will be deducted for each day of late submission; moreover, assignments will not be accepted after one week of their due dates unless there is a valid excuse accompanied with the necessary official documentation.
 - **Assignments and presentations** will be assessed using checklists or rubrics, so ask your instructor for the assessment criteria and points/marks assigned for each criterion.
 - It is expected that the assignment is your own work. Cheating, plagiarism and any other form of academic dishonesty will not be tolerated.
 - Contact your course instructor once you face problems in the assignment.
 - Submission assignments and presentations can be electronically through the blackboard, so you have to be trained well on how to use the blackboard.
- **Participations:**
 - Positive participation with the instructor is recommended moreover, about two marks can be assigned for class participation, but side talks are prohibited. If you have any question, ask the instructor not your mates.

- Your attendance to conferences, training sessions, workshops and/or community services related to the course is highly appreciated and you can get the full mark assigned to class participation after showing the attendance certificates. Also, these activities can be added to your skills record. More details on the skills record is available at <https://sa.ksu.edu.sa/ar/node/919>
- **Cheating and plagiarism** are prohibited and will be taken seriously and can lead to a course failure.
 - There is no tolerance to all forms of cheating. It is expected that all students put their efforts forward when performing in tests, assignments and any other course requirements.
 - It is expected that students produce original assignments and presentations, and when referring to other sources (where they use as support to their original thoughts/theories) that they appropriately cite and provide a bibliography/reference for all information and citing from other sources.
 - If the instructor sees any form of cheating and/or plagiarism, he/she has the right to take any required action according to the Dean of Student Affairs Rules of Student Discipline. Please refer to the online documents **NO. 1. Students rights and obligations** and **2. Student disciplinary regulations** shown at the end of this file
- **Using mobiles** for calling, chatting and/or messaging is strictly prohibited during the lecture except in case of urgent issues or emergency calls where you can step out of the room after taking permission from the instructor but without disturbing the class. At the first time, two marks will be deducted from the marks assigned to class participation if the student uses the mobile during lectures/ practical/ clinical sessions. This deduction will be increased to reach five marks if the same student uses the mobile again during the same session or during other sessions.
- **Laptops:** are not allowed during lectures/ practical/ clinical sessions except after getting the instructor permission for taking notes without distracting other students, otherwise two marks will be deducted from the marks assigned to class discussion and participation for the first time and the deduction will increase to five marks if the same student does it again
- **Wearing the university uniform is highly encouraged.**
- **No food or drinks** are allowed during lectures/ practical/ clinical sessions except for bottled water and only in classrooms. Under certain circumstances "light snacks are allowed but after taking the permission of the course instructor"
- **Communications with the course instructor.**
 - During the office hours of the instructor
 - All e-mails should be through the university email.
 - All e-mails must be properly signed with the full name of the student and include in their subjects the title and/or code and number of the course.
 - No private e-mails can be used except in certain cases where communications via the university e-mail or the university's electronic system is unavailable for extended periods. This can be done after getting the instructor's permission.
 - Don't expect an answer immediately or after the working hours.
- **Problems associated with the course and/or instructor**
 - When a problem with the course and/or instructor occurs, the students should follow the following order for resolving the problem:- .
 - The course instructor.
 - The academic advisor
 - The head/vice head of the department. If the course instructor is the head/vice head of the department you can go to the vice dean for academic affairs.
 - Vice dean for academic affairs in the male section or the female Vice dean for female section
 - Dean of Academic Affairs or Students' Rights protection unit within the deanship. More details on this unit and students' appeal and grievances procedures can be found in the online document **NO. 3. Students' rights protection unit** shown at the end of this file

- **Recommendation letters:**

Recommendations letters, when required, will be given only to students who are able to get grade B or higher in this course

- **Disability and Handicap**

- In the case you are disabled or handicapped; you should notify the course instructor. The university supports students with disability and encouraged them to utilize services to maximize learning ability and experiences. There is a center offering support for handicapped students within the deanship of students' affairs. More details on the center can be found at <http://sa.ksu.edu.sa/ar/node/951> and for female students please visit the following website <https://womencampus.ksu.edu.sa/ar/node/281>
- A student with disability is treated with mutual respect and confidentiality. In addition, consideration to his/her status is offered in teaching, assessment and evaluation.

Evaluation of the program and courses

For continuous improvement of the program and its courses the following electronic questionnaires available on the Edugate at <https://edugate.ksu.edu.sa/ksu/init> should be filled:-

- Instructors evaluation (تقييم المحاضرين) : All students should fill this evaluation for each one of their courses every semester
- Evaluate experience (تقييم خبرة الطالب): students of the final level should fill this evaluation only for one time
- Program evaluation (تقييم البرنامج): students of the final level should fill this evaluation only for one time

Providing your evaluation to the program and the courses is highly appreciated and taken into our consideration and you can find the reports on your evaluation and the suggested action plan to improve the program and its courses for several years through the following links:

- Reports on course evaluation: https://ksusa-my.sharepoint.com/:f/g/personal/chs_cams_ksu_edu_sa/Em2_3rHNVtZnPkQ0Ab8by0BeWbMOpzTJRJe7chr4drdBg?e=igr5QG
- Reports on program evaluation: https://ksusa-my.sharepoint.com/:f/g/personal/chs_cams_ksu_edu_sa/EtDCznIc355FhEg2RUwZ-ZgBS1RvvAF-3pINa_dI_SpA0g?e=ZQRBe6
- Reports on Students experience evaluation: https://ksusa-my.sharepoint.com/:f/g/personal/chs_cams_ksu_edu_sa/EuswWqJzbO1IiXUSeaokoz0B_Ba8trLQMe3PTvDbUkrj6Q?e=Qca5DG

Important online documents

The following documents are to go through to be familiar with your program as well as the university rules and regulations:-

1. **Program manual o f the Clinical Nutrition program** available at https://ksusa-my.sharepoint.com/:b/g/personal/chs_cams_ksu_edu_sa/EW26iAWelInFPjb4EpH88rwlBc73NF1Qz2h8BfgUPac6U7g?e=xKm5Wf
2. **Internship manual o f the Clinical Nutrition program** available at https://ksusa-my.sharepoint.com/:b/g/personal/chs_cams_ksu_edu_sa/EZvEQwMEIJIqtoA_rKEYiQBUnPvsfEGpl0PQeu89vqc5w?e=UJ9L4Y

3. **Students rights and obligations** available at https://sa.ksu.edu.sa/sites/sa.ksu.edu.sa/files/attach/wthyq_hqwq_wltzmt_ltlb_ljmy.pdf
 4. **Student disciplinary regulations;** available at https://cams.ksu.edu.sa/sites/cams.ksu.edu.sa/files/attach/qu_website_regul_stud_punish_ara_1433.pdf
 5. **Students' rights protection unit** available at https://sa.ksu.edu.sa/sites/sa.ksu.edu.sa/files/attach/lqwd_lmnzm_lwhd_hmy_lhqwq_ltlby_0.pdf
 6. **KSU study and exams regulations:** available at https://cams.ksu.edu.sa/sites/cams.ksu.edu.sa/files/attach/qu_website_regul_stud_study_exam_ara.pdf
 7. **Electronic basket** in both Arabic and English language available at <http://ebasket.ksu.edu.sa/> include the followings:
 - new students' guide for systems and regulations, activities and services that is also distributed to all KSU students when they join the university at the preparatory year.
 - regulations for student rights and duties
 - student financial rights
 - student disciplining regulation
- Please kindly note if any of the above links are not working, take a copy of the link and paste it to your browser