**Course Syllabus**

***CHS 268 Practical*** *(First semester 1434-1435)*

***Course Information***

**Course title:** *Nutrition Therapy for Physiological Stress & Acute Diseases*

**Credit hours:**  *3 (2+1)*

**Level:** *6*

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***Assignment Submission:***

*Weekly (on the next lecture)*

**Any Delayed assignments won't be accepted unless official medical excuse is attached on the front page.**

***Exams:***

*Final exam: 8/12/2013*

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***Course Description:***

*Students in this course study in deep the dietary management of acute diseases, in which the diet plays an important role in the treatment, relieving or in the prevention of those diseases.  Also the course covers the role of nutrition in the treatment of metabolic stress cases (e.g. burns, surgery, injuries, cancer) and the metabolic changes that occurs after exposure to a metabolic stress stimulus (e.g. the production and functions of free radicals, cytokines and acute-phase proteins) . The practical part of the course include presenting some class-case studies and hospital visits to teach the student on how to obtain the information from the medical record, analyze it, and how to write a nutrition report, and also to be more familiar with the diet therapy of the diseases that covers in the theoretical part of the course.*

***References:***

* L.Kathleen Mahan,Sylvia Escott-Stump,(2008) *Krause's Food & Nutrition Therapy*, 12 edition.
* Manual of clinical dietitian

***Name of Faculty member responsible for the course..***

*- Leenah al-freeh*

*- Al-hanouf al-alsheikh*

***Grading Information***

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| --- | --- |
| ***Attendance + Participation*** | ***2*** |
| ***Assignments*** | ***8*** |
| ***Final*** | ***10*** |
| ***Total*** | ***20*** |

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***Topics to be Covered***

|  |  |  |
| --- | --- | --- |
| ****Week**** | ****Date**** | ****Contents**** |
| ****1st**** | **1-9-2013 G** | **Introduction** |
| ****2nd**** | **8-9-2013 G** | **How to prepare meal plan for adult & How to write SOAP note** |
| ****3rd**** | **15-9-2013 G** | **Nutrition During SIRS & MODS** |
| ****4th**** | **22-9-2013 G** | **Nutrition During Burns** |
| ****5th**** | **29-9-2013 G** | **Nutrition Management for Heart Failure & Transplant** |
| ****6th**** | **6-10-2013 G** | **Nutrition Support in Surgery** |
| ****7th**** | **13-10-2013 G** | **Hajj Vacation** |
| ****8th**** | **20-10-2013 G** | **Hajj Vacation** |
| ****9th**** | **27-10-2013 G** | **Nutrition in Trauma** |
| ****10th**** | **3-11-2013 G** | **Nutrition During Cancer** |
| ****11th**** | **10-11-2013 G** | **Visiting Hospital for Case Study (Cancer)** |
| ****12th**** | **17-11-2013 G** | **Nutrition During Pulmonary Disease** |
| ****13th**** | **24-11-2013 G** | **Visiting Hospital for Case Study (pulmonary Disease)** |
| ****14th**** | **1-12-2013 G** | **Off for Studying Exam** |
| ****15th**** | **8-12-2013 G** | **Final Exam** |

**General instructions at Hospital:**

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

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 and face cover if possible), [No pants or make up is allowed). students not following these rules ,will be considered absent

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.