

## Template for Course Plan (Applied Nutrition)

### II. Course Description

After completion of these course nursing students will be able to acquired knowledge of nutrition for maintenance of optimum health at different stage of life and its application for practice.

It also introduces nursing students to the concepts of applied nutrition, relationship between diet and health as well as to different disease condition with certain focusing to pregnancy and malnutrition. Different modes of providing nutritional support to patients requiring special feeding techniques will be addressed with emphases on nutritional therapy.

| IV. Course Content:     |                                    |                                                                                                                                                                                                                                                                                                                                                                           |                 |               |
|-------------------------|------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|---------------|
| A – Theoretical Aspect: |                                    |                                                                                                                                                                                                                                                                                                                                                                           |                 |               |
| Order                   | Units/Topics List                  | Sub Topics List                                                                                                                                                                                                                                                                                                                                                           | Number of Weeks | Contact hours |
| 1                       | Nutrition in health                | <ul style="list-style-type: none"> <li>▪ Definitions: Nutrition; diet; food; Malnutrition; Diet therapy; Food-based dietary guidelines.</li> <li>▪ Function of food &amp; nutrition</li> <li>▪ Adequate nutrition: <ul style="list-style-type: none"> <li>○ Balanced Diet;</li> <li>○ Dietary Guidelines</li> </ul> </li> <li>▪ Factor affecting eating habits</li> </ul> | 1               | 2<br>2        |
| 2                       | Digestion; absorption & metabolism | <ul style="list-style-type: none"> <li>▪ Process of digestion of macronutrients</li> <li>▪ Process of absorption of macronutrients</li> <li>▪ Process of metabolism of macronutrients</li> </ul>                                                                                                                                                                          | 2               | 4             |
| 3                       | Nutritional assessment             | <ul style="list-style-type: none"> <li>- Anthropometric measurements</li> <li>- Biochemical investigation</li> <li>- Clinical signs of nutritional status</li> <li>- Dietary profile</li> </ul>                                                                                                                                                                           | 3               | 6             |
| 4                       | Midterm                            | Midterm exam                                                                                                                                                                                                                                                                                                                                                              | 1               | 2             |

|   | exam                                           |                                                                                                                                                                                                                                                                                                                                               |    |    |
|---|------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|
| 5 | Nutritional support & diet modification        | <ul style="list-style-type: none"> <li>Enteral nutrition: definition; types &amp; indications</li> <li>Parenteral nutrition: peripheral parenteral nutrition; central parenteral nutrition</li> <li>Types and indication of parenteral nutrition</li> </ul>                                                                                   | 2  | 4  |
| 6 | Therapeutic diet (nutritional therapy)         | <ul style="list-style-type: none"> <li>Diet modification</li> <li>Surgical diet</li> <li>Nutritional &amp; renal failure</li> <li>Nutritional &amp; heart failure</li> <li>Nutritional &amp; diabetes mellitus</li> <li>Nutrition needs during pregnancy &amp; lactation.</li> <li>Nutritional &amp; gastrointestinal alterations.</li> </ul> | 5  | 10 |
| 7 |                                                | Final exam                                                                                                                                                                                                                                                                                                                                    | 1  | 2  |
|   | <b>Number of Weeks /and Units Per Semester</b> |                                                                                                                                                                                                                                                                                                                                               | 16 | 32 |

#### IV. Course Content

Distribution of Semester Weekly Plan of Course Topics/Items and Activities.

##### A – Theoretical Aspect

| Order | Topics List                                    | Week Due  | Contact Hours |
|-------|------------------------------------------------|-----------|---------------|
| 1     | Nutrition in health                            | 16        | 2             |
| 2     | Digestion; absorption & metabolism             | 17-18     | 4             |
| 3     | Nutritional assessment                         | 19-20     | 4             |
| 4     | Midterm exam                                   | 21        | 2             |
| 5     | Nutritional support & diet modification        | 22-23     | 4             |
| 6     | Therapeutic diet (nutritional therapy)         | 24-29     | 12            |
| 7     | Final exam                                     | 30        | 2             |
|       | <b>Number of Weeks /and Units Per Semester</b> | <b>15</b> | <b>30</b>     |