**King Saud University**

**Applied Medical Sciences College**

**Quality and Development Unit**

Course Syllabus

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.

Course Syllabus

|  |  |
| --- | --- |
| Course title and code: | Practicum 1 in clinical nutrition CHS (369) |
| Department : | Community Health Department |
| Program in which the course is offered: | Clinical Nutrition Department |
| Credit hours: | 3 hours |
| Total contact hours per semester | Tutorial part = 32 hrs/section, 64 hrs (2 sections)  Practical part =16 hrs/section, 32 hrs (2 sections) |
| Level at which this course is offered: | Level 7 |
| Course prerequisites: | Clinical Nutrition in Chronic Diseases (CHS 343) |
| Time: | **(38531)** Tutorial (Sunday 11-2) Practical (Monday 8-11)  **(23354)** Tutorial (Tuesday 11-2) Practical (Wednesday 8-11) |
| Location: | **(38531)** Tutorial **G1 - (23354)** Tutorial **F21 /** Practical **KKUH** |
| College member responsible for the course | Dr. Sadaa Alorf  Mrs. May Alshahwan |
| Contact information: |  |
| Office Number: | Dr. Sadaa Alorf (205)  Mrs. May Alshahwan (210) |
|  |  |
| Email: | [Smalorf@ksu.edu.sa](mailto:Smalorf@ksu.edu.sa)  [mayalshahwan@ksu.edu.sa](mailto:mayalshahwan@ksu.edu.sa) |
| Office hours: | Dr. Sadaa Alorf (Tuesday 9-11)  Mrs. May Alshahwan (Sunday 10-11 + Tuesday 10-11) |
| Course Description | In this practical course the student will learn the skills required to work in a hospital as a dietitian. The course focuses on nutritional assessment, planning treatment, and follow-up of patients for the following cases: obesity, diabetes, renal, liver, gallbladder diseases, and other gastrointestinal diseases. |
| Course Objectives | By the end of this course, students should be able to:  •Perform Nutritional Assessment for inpatients of various medical conditions.  •Plan dietary interventions for various medical conditions.  •Monitor patients and adjusting diet therapy accordingly.  •Communicate effectively with dieticians, physicians and other member of the health team.  •Communicate effectively with patients and related significant other regarding dietary assessment, intervention and monitoring.  •Provide nutritional education and dietary instructions for patients of various medical conditions.  •Apply Medical Ethics on the common practice in hospital. |
| Teaching strategies | Interactive lectures using class discussion and brain storming Reading from scientific journals, textbooks and other sources The course instructor will use a student centered approach Stimulate students to be active Provide feedback regarding the effectiveness of students’ activity Provide instructions for effective activities |
| Learning Resources | Books , journals , hospital visits , power point presentations and lectures |
| Required Text (s) |  |
| * Essential References | KRAUSEʾS FOOD &,NUTRITION THERAPY by L.Kathleen Mahan, Sylvia Escott-Stump(12th edition or 15th edition ) |
| * Recommended Journals | Any nutrition journals with high impact value ex. British journal of nutrition, Canadian journal dietetic practice research, Australian journal of nutrition and dietetics |
| * Electronic Materials and Web Sites | Food and Drug Authority ( www.fda.gov) The British Dietetic Association (www.bda.uk.com) The American Dietetic Association (www.eatright.org) |

|  |  |
| --- | --- |
| Topics to be covered |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| List of topics | | | Week due | | Contact hours |
| Introduction | | | **1st**  (26/12/1438)  (28/12/1438) | | 5hrs/section (3hrs theoretical + 2hr practical ) |
| Interview Skills- Food Portion Size and Weighing Food Samples | | | **2nd**  (4/1/1439)  (6/1/1439) | | 5hrs/section (3hrs theoretical + 2hr practical ) |
| Obesity | | | **3rd**  (11/1/1439)  (13/1/1439) | | 5hrs/section (3hrs theoretical + 2hr practical ) |
| Diabetes mellitus (1) | | | **4th**  (18/1/1439)  (20/1/1439) | | 5hrs/section (3hrs theoretical + 2hr practical ) |
| Diabetes mellitus (2) | | | **5th**  (25/1/1439)  (27/1/1439) | | 5hrs/section (3hrs theoretical + 2hr practical ) |
| Cardiovascular diseases | | | **6th**  (2/2/1439)  (4/2/1439) | | 5hrs/section (3hrs theoretical + 2hr practical ) |
| Disorders of upper GI tract | | | **7th**  (9/2/1438)  (11/2/1439) | | 5hrs/section (3hrs theoretical + 2hr practical ) |
| **Midterm** | | | **8th (18/2/1439)** | | **3 hrs** |
| Disorders of lower GI tract | | | **9th**  (23/2/1439)  (25/2/1439) | | 5hrs/section (3hrs theoretical + 2hr practical ) |
| Liver and Gallstones diseases | | | **10th**  (1/3/1439)  (3/3/1439) | | 5hrs/section (3hrs theoretical + 2hr practical ) |
| Renal diseases (1) | | | **11th**  (8/3/1439)  (10/3/1439) | | 5hrs/section (3hrs theoretical + 2hr practical ) |
| Renal disease (2) | | | **12th**  (15/3/1439)  (17/3/1439) | | 5hrs/section (3hrs theoretical + 2hr practical ) |
| Pediatrics Case 1 | | | **13th** (22/3/1439)  (24/3/1439) | | 5hrs/section (3hrs theoretical + 2hr practical ) |
| Pediatrics Case 2 | | | **14th**  (29/3/1439)  (1/4/1439) | | 5hrs/section (3hrs theoretical + 2hr practical ) |
| **Final Exam** | | | **15** | | **3hrs** |
| Schedule of Assessment Tasks for Students During the Semester | | | | | |
|  | | | | | |
| Assessment task | | Week due | | Proportion of Final Assessment | |
| **Midterm I** | | Week 8 | | 20 | |
| **Class discussion and participation** | | Weekly | | 15 | |
| **Hospital Attendance** | | Weekly | | 5 | |
| **Assignment** | | Weekly | | 20 | |
| **End Semester Exam** | | Week 15 | | 40 | |
| Required Assignments: |  | | | | |
| |  | | --- | | Assignments | | Obesity | | Diabetes mellitus (1) | | Diabetes mellitus (2) | | Cardiovascular diseases | | Disorders of upper GI tract | | Disorders of lower GI tract | | Liver and Gallstones diseases | | Renal diseases (1) | | Renal diseases (2) | | Pediatrics | | Pediatrics | | | | | | |
| Criteria for evaluation : | * Written exams (one module exams proposed during the semester along with final exam ) * Written Assignments, class discussion and participation , observation of students’ skills by using checklist and dietary brochure | | | | |
| Course rules : | * No makeup exams are allowed for the semestrial exams unless indicated by the exams committee * Only 1 absence is permitted without valuable reasons. * If you attend 15 min after starting the class will considered absence if repeated twice * Respect others and yourself * Do not talk during the lecture * Do not eat in the classroom * Mobile phones have to besilent and kept inside your bag. * **Assignments:** To be handed before the discussion class each week following the hospital visit, it will not be accepted if handed in later. * **Participation:** in-class discussions are strongly encouraged. Not participating at all in class discussions will affect your participation grade.   One mark will be deducted for unexplainable laughs or side talks   * **Ear phones** are not allowed during class! * **Laptops** and **iPads** may be brought to class to take notes as long as typing is not disturbing other students:   + This policy can change if there are complaints by your classmates.   + You may only use your laptop for note taking – other uses are not allowed of course.   **Cheating and plagiarism** are not accepted of course | | | | |
| More comments for instructor : | General rules and instructions for hospital attendance:   * **Silence and respect while entering the ward, taking into consideration the patients’ privacy and medical conditions.** * **Students must follow the University’s dress code (long skirt, lab coat, head veil), trousers and make up are NOT allowed. If students do not follow these rules, they will be considered absent.** * **Students are not allowed to give the patient any information regarding his/her medical condition or interfere with the health care process at the hospital.** * **Students should attend on time, delay of over 15 minutes will be considered absent.** * **Assignment cases of each week at KKUH will be discussed and handed in the following week before class discussion. The assignments will not be accepted after the discussion unless official medical excuse is attached on the front page.** | | | | |
|  |  | | | | |
|  |  | | | | |
|  |  | | | | |
|  |  | | | | |