



King Saud University
College of Applied Medical Sciences
Department of Community Health Sciences
Second Semester 1432



<u>Course title and code:</u>	<i>Nutritional Assessment (435)</i>
<u>Program in which the course is offered:</u>	<i>Clinical Nutrition program</i>
<u>Credit hours</u>	<i>3 hours (2 theoretical + 1 practical)</i>
<u>total contact hours per semester</u>	<i>75 hours</i>
<u>Level at which this course is offered:</u>	<i>8th level</i>
<u>Course prerequisites:</u>	<i>CHS 343, Nutrition Therapy for Chronic Diseases, Level: 7</i>
<u>Time:</u>	<u>Tuesday</u> <i>lecture: 10.00-12.00 am</i> <i>Practical: 12.00 -1.00 pm</i>
<u>Location:</u>	<i>Class room CHS Room 3</i>
<u>College member responsible for the course</u>	<i>Lecturer.Ghadah Saleh Al-Medaimeegh</i>
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Office hours:

Sunday: 10:00-12:00 am

Monday: 10:00-12:00 am

Course Description:

Nutritional disequilibrium occurs with changes in dietary intake, nutrition needs, and nutrient metabolism. The nutrition assessment is the foundation for the nutrition care plan. The client's nutritional status must be evaluated before intervention is initiated. More than one assessment should be used to make conclusions about care, as each tool has its purpose, strengths, and weaknesses.

Goals of Nutrition assessment:

- *Identify individuals at nutrition risk.*
- *Provide justification for the nutrition care plan.*
- *Forms the basis for evaluating the nutrition care plan.*

Components of a complete nutrition assessment include:

- *Dietary history.*
- *Anthropometry and body composition.*
- *Physical examination.*
- *Medical and social history.*
- *Biochemical data.*

Course Objective:

** Demonstrate and practice most available, used assessment tools.*

** To create an awareness of the advantages and limitations of different nutrition assessment methods*

** To learn appropriate methods for specific applications and appropriate approaches to analysis and interpretation of nutritional assessment data*

** Identify the recent, theoretical tools.*

Teaching strategies

Lectures, group discussions, video presentations, practicing in the nutritional clinic.

Text Book : *Nutritional Assessment*. by Robert Lee & David Nieman. Publisher: McGraw-Hill; 4th edition 2006.

Course Outline

Lecture 1 Introduction to Nutritional Assessment

Lecture 2,3,4 Dietary Assessment

Dietary standards and Recommendations.

Recommended Dietary Allowance

Dietary Guidelines

Food guides

Composition table

Reason for measuring diet

Techniques in measuring diet

24-hr Recall, Food Record, FFQ, Diet History, ...

Computerized Dietary Analysis Systems.

Issues in Dietary measurements.

Lecture 5 First Midterm Exam

Lecture 6,7 Anthropometric measurements

Measuring Length, stature and head circumference.

Measuring Weight for infants, children, adults.

Growth Charts, weight standards, height-weight indices.

Measuring frame size.

Body fat distribution, body fat composition

Skinfolds Measurements

Lecture 8, 9

Assessment of the hospitalized patients.

Assessing nutritional status

Determining energy and protein requirements

Nutrition Screening

Lecture 10

Second Midterm Exam

Lecture 11,12,

Biochemical Assessment of Nutritional Status

Use of Biochemical Measurements

Measuring Protein status

Measuring Iron status

Measuring Calcium status

Measuring Vitamins status

Blood Chemistry

Lecture 13

Clinical Assessment of Nutritional Status

Medical History

Dietary History

Clinical Signs of PEM

Eating Disorders

Lecture 14

Counseling Techniques

Communication with the client

Interviewing skills

Counseling theories

Schedule of Assessment Tasks for Students During the Semester

<i>Assessment task</i>	<i>Week due</i>	<i>Proportion of Final Assessment</i>
<i>Midterm I</i>	<i>5th week</i>	<i>15%</i>
<i>Midterm 2</i>	<i>10th week</i>	<i>15%</i>
<i>Participation</i>	<i>From 1st to the last lecture</i>	<i>5%</i>
<i>Practical</i>	<i>From 5th week</i>	<i>25%</i>
<i>End Semester Exam</i>	<i>16th -18th week</i>	<i>40 %</i>