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 semesterTutorial 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: Tutorial (Tuesday 8-11) Practical (Thursday 12-3)

Location: F21 KKUH

College member responsible for the

course

Dr. Saada M Alorf

Mrs. Reham Almaiman

Contact information:

Course Objectives

Office Number: Dr. Saada M Alorf (205)

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Dr. Saada M Alorf (Tuesday11-1)

Mrs. Reham Almaiman (Monday 9-10 + Tuesday 11-1)

In this practical course the student will learn the skills required to work in a hospital as a dietitian. The course focuses on putritional assessment, planning treatment, and follow-up of

nutritional assessment, planning treatment, and follow-up of patients for the following cases: obesity, diabetes, renal, liver, gallbladder diseases, and other gastrointestinal diseases.

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.

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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

Recommended Journals

• <u>Electronic Materials and Web</u> <u>Sites</u> KRAUSE'S FOOD &, NUTRITION THERAPY by L.Kathleen

Mahan, Sylvia Escott-Stump(12th edition or 15th edition)

Any nutrition journals with high impact value ex. British

journal of nutrition, Canadian journal dietetic practice research,

Australian journal of nutrition and dietetics

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	1 st	5hrs/section (3hrs theoretical + 2hr practical)
Interview Skills	2 nd	5hrs/section (3hrs theoretical + 2hr practical)
Obesity	3 rd	5hrs/section (3hrs theoretical + 2hr practical)
Diabetes mellitus (1)	4 th	5hrs/section (3hrs theoretical + 2hr practical)
Diabetes mellitus (2)	5 th	5hrs/section (3hrs theoretical + 2hr practical)
Cardiovascular diseases	6 th	5hrs/section (3hrs theoretical + 2hr practical)
Disorders of upper GI tract	7 th	5hrs/section (3hrs theoretical + 2hr practical)
Midterm	8 th	3 hrs
Midterm Disorders of lower GI tract	8 th	3 hrs 5hrs/section (3hrs theoretical + 2hr practical)
# F F	· ·	5hrs/section (3hrs theoretical +
Disorders of lower GI tract	9 th	5hrs/section (3hrs theoretical + 2hr practical) 5hrs/section (3hrs theoretical +
Disorders of lower GI tract Liver and Gallstones diseases	9 th	5hrs/section (3hrs theoretical + 2hr practical) 5hrs/section (3hrs theoretical + 2hr practical) 5hrs/section (3hrs theoretical +
Disorders of lower GI tract Liver and Gallstones diseases Renal diseases (1)	9 th 10 th 11 th 12 th 13 th	5hrs/section (3hrs theoretical + 2hr practical) 5hrs/section (3hrs theoretical + 2hr practical) 5hrs/section (3hrs theoretical + 2hr practical) 5hrs/section (3hrs theoretical +
Disorders of lower GI tract Liver and Gallstones diseases Renal diseases (1) Renal disease (2)	9 th 10 th 11 th 12 th	5hrs/section (3hrs theoretical + 2hr practical)

Schedule of Assessment Tasks for Students During the Semester

Assessment task	Week due	Proportion of Final Assessment
Midterm I	Week 8	20
Classdiscussion and Participation	Weekly	10
Quiz	Pop quiz	5
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, quizzes, and observation of students' skills and assessing them using checklist.

Course rules:

- No makeup exams are allowed unless indicated by the exams committee
- 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 be silent and kept inside your bag.
- Assignments: To be handed during 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 be changed 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

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, hair-covering), 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 during class discussion. The assignments will not be accepted after the discussion unless official medical excuse is attached on the front page.

More comments for instructor: