



King Saud University

College of Applied Medical Sciences

Department of Community Health Sciences

Second Semester 1432-1433h

Course title and code:	Nutritional Assessment (435)
Program in which the course is offered:	Clinical Nutrition program
Credit hours	3 hours (2 theoretical + 1 practical)
total contact hours per semester	72 hours
Level at which this course is offered:	8 th level
Course prerequisites:	CHS 343, Nutrition Therapy for Chronic Diseases, Level: 7
Time:	Sunday; lecture: 10.00 am-12.00 pm, Practical: 12.00 -2.00 pm
Location:	Class room CHS 2
College member responsible for the course	Lecture: Ms.Wa'ad AlFawaz , Practical: Mrs.Ohoud AIMusiened
Contact information:	Website ; http://fac.ksu.edu.sa/walfawaz

Office Number:**Phone :**

Office: Tel #: 4355010 ex. 130

Mobile: 0554963333

Email:

walfawaz@ksu.edu.sa

Office hours:

Sunday: 9:00 - 10:00 am

Tuesday: 9:00 - 10:00 am

Monday: 9:00am -1:00 pm

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, role play, practicing in the nutritional clinic

Theoretical part(marks)

First Midterm	(15 Marks)
Second Midterm	(15 Marks)
Quizzes	(5 Marks)
Practical	(25 Marks)
Final Exam	(40 Marks)

Practical Part (marks)

5 assignments	(50 marks)
Activities	(20 marks)
Attendance	(5 marks)
Quiz	(5 marks)
Final	(20 marks)

** Please hand the assignments **in the class** according to the set dates.

THE ASSIGNMENTS **WON'T BE ACCEPTED PASS** THE DATES SPECIFIED
UNLESS OFFICIAL MEDICAL EXCUSE IS ATTACHED ON THE FRONT PAGE.

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

Course Outline

Lecture 1	Syllabus	(29/1/2012)
Lecture 2	Introduction to Nutritional Assessment	(5/2/2012)
Lecture 3,4,5	Dietary Assessment	(12,19,26/2/2012)
	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 6	First Midterm Exam	(7/3/2012)
Lecture 7,8	Anthropometric measurements	(11,18/3/2012)
	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 9	Assessment of the hospitalized patients (1/4/2012)
	Assessing nutritional status
	Determining energy and protein requirements
	Nutrition Screening
Lecture 10	Assessment of Pediatrics (8/4/2012)
	Using growth chart
	Determining & Interpreting Parameters
	Catch-up growth & Calculating Needs
Lecture 11	Second Midterm Exam (18/4/2012)
Lecture 12,13	Biochemical Assessment of Nutritional Status (22,29/4/2012)
	Use of Biochemical Measurements
	Measuring Protein status
	Measuring Iron status
	Measuring Calcium status
	Measuring Vitamins status
	Blood Chemistry
Lecture 14	Clinical Assessment of Nutritional Status (6/5/2012)
	Medical History
	Dietary History
	Clinical Signs of PEM
	Eating Disorders
	Counseling Techniques
Lecture 15	Revision (13/5/2012)

SYLLABUS of CHS 435 Practical

Course Title: Nutritional Assessment

Course Credits: 3 hours

Course timing: Sunday 12–2 pm

Instructor : Wa'ad Alfawaz

Contact Details: walfawaz@ksu.edu.sa

Office hours: Sunday & Tuesday (9-10am), Monday 9 am-1 pm.

Practical Grades:	1 st assignment	(10 marks)
	2 nd assignment	(10 marks)
	3 rd assignment	(10 marks)
	4 th assignment	(10 marks)
	5 th assignment	(10 marks)
	Activities	(20 marks)
	Attendance.....	(5 marks)
	Quiz	(5 marks)
	Final	(20 marks)

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The assignments **won't be accepted pass** these date unless official medical excuse is attached on the front page.

1 st assignment	11 th of March 2012	
2 nd assignment	18 th of March 2012	
3 rd assignment	22 nd of April 2012	
4 th assignment	29 th of April 2012	
5 th assignment	13 th of May 2012	
Final	22 nd of May 2012	9-12 pm

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References:

- Nutritional Assessment, 3rd ed., R. Lee & D. Nieman, 2003, by C. Wheatley.
- *Manual of Clinical Dietetics by American Dietetic Association.*
- Mosby's Pocket Guide Series Nutritional Care, 4th ed, Moore M, 2001.