III SEMESTER

HARD CORE COURSES

FNH 501 CLINICAL NUTRITION AND DIETETICS – I

52 Hr (13× 4 units)

Course outcome:

- Describe the basic concepts and interrelation between food health and nutrition, special therapeutic diets and its significance.
- Describe pre and post operative diet and team approach in patient care
- Identify the special feeding methods, role of dietitian in hospital and the objectives of diet therapy.
- Write down etiology and pathophysiology of common diseases of digestive system, respiratory systems and conditions like obesity and diabetes
- Write down the concept principle diet and the dietary management various disease.

Unit I: Introduction to clinical nutrition and therapeutic diet - Concept of inter relationship between foods, health and nutrition. Hospital diet, special feeding methods, pre and post operative diet, team approach in patient care, role of dietitian in hospital, functions and classification, objectives of diet therapy.

Unit II: Dietary management in common disease condition - Diet in fever (acute and chronic) -typhoid, malaria, tuberculosis, injury, burns, arthritis, rheumatoid and osteo-arthritis.

Unit III: Etiological factors and dietary modifications - Obesity, underweight, types of obesity, etiological factors, assessment of obesity, theory of obesity – fat cell theory and set point theory, dietary modification, anorexia, bulimia nervosa,Diabetes mellitus: etiology, types, symptoms, diagnosis, treatment, complications - Acute and chronic, physical activity and diabetes mellitus, glycemic index - factors affecting glycemic index.

Unit IV: Diet in Gastro intestinal disorder - Peptic ulcer, ~~constipation, (repetition)~~, diarrhea, steatorrhea, celiac disease, inflammatory bowel syndrome, diverticular disease, lactose intolerance, gout, dumping syndrome, crohn's disease, constipation.

REFERENCES

- Srilakshmi, B. Dietetics, New Age International (P) Limited, New Delhi
- Robinson C H. Normal and Therapeutic nutrition, Oxford & IBH Publishing Co, Calcutta
- Bamji,M S P. N Rao & Reddy, Text book of Human Nutrition, Oxford & IBH Publishing Co. Pvt. Ltd.
- Gopalan C. & S. Kaur, Towards Better Nutrition- Problem & Policies, NFI publications