

Course Detailed Description – Procedures of the Course Plan Committee /Faculty of Pharmacy	QF02/0408–2.1E
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Department	Pharmacy
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Course Name	Clinical Nutrition	Course No.	0201552
Prerequisite	Clinical Biochemistry	Credit Hours	3
Number & date of course plan approval	2010-2011	Brief Description	See form QF02/0409

Course Objective	Recognize the value of a healthy diet and lifestyle in the maintenance of health and the prevention and treatment of disease.
Intended Learning Outcomes	<ol style="list-style-type: none"> 1. Describe the general characteristics of a healthy diet, including the recommended contribution of various food groups, common sources of individual nutrients, foods to be consumed in limited amounts, and the carbohydrate:fat:protein distribution. 2. Conduct an appropriate assessment of nutritional status 3. Explain how common diseases affect a patient's nutritional health, including effects on appetite and the digestion/absorption/metabolism of nutrients. 4. Identify the appropriate medical nutrition therapy for a given medical condition or disease, based on the patient's nutritional status. 5. Recognize the value of a healthy diet and lifestyle in the maintenance of health and the prevention and treatment of disease.
Course Topics	<ol style="list-style-type: none"> 1. Nutrition basics 2. Carbohydrates 3. Protein 4. Fat 5. Vitamins and minerals 6. Assessing nutritional status 7. Obesity and eating disorders 8. GI disorders 9. Diabetes Mellitus 10. Renal disorders
Text Books	Nutrition Made Incredibly Easy, Kathy Martyn, 2011
References	Lippincott's Illustrated Reviews: Biochemistry, 4th Edition Pamela C. Champe, Richard A. Harvey, Denise R. Ferrier

Grade Determination	1 st Exam = 25% 2 nd Exam = 25% Final Exam = 50%	Practical Course Grade Determination	Course Work = 50% (Reports, Term Papers, Quizes) Final Exam = 50%	
Course Outline				
Week	Hours	Subjects	Chapters in Textbook	Notes
1	1 1 1	(Nutrients, Nutrition and health promotion) (Nutrition and a balanced diet) (Nutrition and a balanced diet, Vegetarian diet)		
2	1 1 1	Classification and functions of carbohydrates Handling of carbohydrates in the body Sources of carbohydrates		
3	1 1 1	Classification and functions of protein Handling of protein in the body Sources of protein		
4	1 1 1	Classification and functions of fat Handling of fat in the body Sources of fat		
5	1 1 1	Classification and functions of vitamins Functions of vitamins Functions of vitamins		
6	1 1 1	Handling of vitamins in the body Sources of vitamins classification and functions of minerals		
7	1 1 1	Handling of minerals in the body Sources of minerals minerals in health promotion		
8	1 1 1	Evaluating nutritional status and nutritional screening Comprehensive nutritional assessment Comprehensive nutritional assessment		
9	1 1 1	A look at overweight and obesity (causes, risk factors and evaluating weight) Treatment of obesity		



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10	1 1 1	Treatment of obesity A look at eating disorders (types and causes)		
Week	Hours	Subjects	Chapters in Textbook	Notes
11	1 1 1	GI disorders (dysphagia and GERD) GI disorders (peptic ulcer and lactose intolerance) GI disorders (diarrhea and constipation)		
12	1 1 1	Diabetes Mellitus (classification and diagnosis) Diabetes Mellitus (complications) Diabetes Mellitus (treatment)		
13	1 1 1	Diabetes Mellitus (treatment)		
14	1 1 1	(caluculi renal)Renal disorders (acute renal failure)Renal disorders Chronic renal failure) Renal disorders		
15	1 1 1	Diseases of the liver, pancreas and biliary tract		
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Approved by Dept. Chair		Date of Approval	
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Extra Information: (Updated every semester and filled by course instructor)

Course Instructor	
Office No.	
Extension Email	
Office hours	