



Course Detailed Description – Procedures of the Course Plan Committee /Faculty of Pharmacy

QF02/0408–1.0

Department	Pharmacy
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<b>Course Name</b>	<b>Clinical Nutrition</b>	<b>Course No.</b>	<b>0201552</b>
Prerequisite	Clinical Biochemistry	Credit Hours	3
Number & date of course plan approval	2010-2011	Brief Description	See form QF02/0409

<b>Intended Learning Outcomes</b>	<ol style="list-style-type: none"> <li>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.</li> <li>2. Conduct an appropriate assessment of nutritional status</li> <li>3. Explain how common diseases affect a patient's nutritional health, including effects on appetite and the digestion/absorption/metabolism of nutrients.</li> <li>4. Identify the appropriate medical nutrition therapy for a given medical condition or disease, based on the patient's nutritional status.</li> <li>5. Recognize the value of a healthy diet and lifestyle in the maintenance of health and the prevention and treatment of disease.</li> </ol>		
<b>Course Topics</b>	<ol style="list-style-type: none"> <li>1. Nutrition basics</li> <li>2. Carbohydrates</li> <li>3. Protein</li> <li>4. Fat</li> <li>5. Vitamins and minerals</li> <li>6. Assessing nutritional status</li> <li>7. Obesity and eating disorders</li> <li>8. GI disorders</li> <li>9. Diabetes Mellitus</li> <li>10. Renal disorders</li> </ol>		
<b>Text Books</b>	Nutrition Made Incredibly Easy, Kathy Martyn, 2011		
<b>References</b>	Lippincott's Illustrated Reviews: Biochemistry, 4th Edition Pamela C. Champe, Richard A. Harvey, Denise R. Ferrier		
<b>Grade Determination</b>	<input type="checkbox"/> 1 <sup>st</sup> Exam = 25% <input type="checkbox"/> 2 <sup>nd</sup> Exam = 25% <input type="checkbox"/> Final Exam = 50%	<input type="checkbox"/> Practical Course Grade Determination	<input type="checkbox"/> Course Work = 50% (Reports, Term Papers, Quizzes) <input type="checkbox"/> Final Exam = 50%



Course Outline				
Week	Hours	Subjects	Chapters in Textbook	Notes
1	1	(Nutrients, Nutrition and health promotion)	Chapter 1	
	1	(Nutrition and a balanced diet)		
	1	(Nutrition and a balanced diet, Vegetarian diet)		
2	1	Classification and functions of carbohydrates	Chapter 2	
	1	Handling of carbohydrates in the body		
	1	Sources of carbohydrates		
3	1	Classification and functions of protein	Chapter 4	
	1	Handling of protein in the body		
	1	Sources of protein		
4	1	Classification and functions of fat	Chapter 5	
	1	Handling of fat in the body		
	1	Sources of fat		
5	1	Classification and functions of vitamins	Chapter 6	
	1	Functions of vitamins		
	1	Functions of vitamins		
6	1	Handling of vitamins in the body	Chapter 6	
	1	Sources of vitamins		
	1	classification and functions of minerals		
7	1	Handling of minerals in the body	Chapter 6	
	1	Sources of minerals		
	1	minerals in health promotion		
8	1	Evaluating nutritional status and nutritional screening	Chapter 8	
	1	Comprehensive nutritional assessment		
	1	Comprehensive nutritional assessment		
9	1	A look at overweight and obesity	Chapter 11	
	1	(causes, risk factors and evaluating weight)		
	1	Treatment of obesity		
10	1	Treatment of obesity	Chapter 11	
	1	A look at eating disorders (types and causes)		
	1	Treatment of eating disorders		



Week	Hours	Subjects	Chapters in Textbook	Notes
11	1	GI disorders (dysphagia and GERD)	Chapter 12	
	1	GI disorders (peptic ulcer and lactose intolerance)		
	1	GI disorders (diarrhea and constipation)		
12	1	Diabetes Mellitus (classification and diagnosis)	Chapter 16	
	1	Diabetes Mellitus (complications)		
	1	Diabetes Mellitus (treatment)		
13	1	Diabetes Mellitus (treatment)	Chapter 16	
	1	Nutrition support for diabetes		
	1	Nutrition support for diabetes		
14	1	(caluculi renal )Renal disorders	Chapter 14	
	1	(acute renal failure)Renal disorders		
	1	Chronic renal failure ) Renal disorders		
15	1	Diseases of the liver, pancreas and biliary tract	Chapter 16	
	1			
	1			
16	1	The anemias	Chapter 16	
	1			
	1			

Approved by Dept. Chair		Date of Approval	
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**Extra Information:** (Updated every semester and filled by course instructor)

<b>Course Instructor</b>	
<b>Office No.</b>	
<b>Extension Email</b>	
<b>Office hours</b>	