

## **BSHND 311: NUTRITIONAL PRACTICES IN CLINICAL CARE**

### **Course Learning Outcomes:**

- To understand and create a patient-centered nutrition care plan based on sound nutrition principles, scientific evidence and biomedical reasoning
- To assess various physiological conditions and prepare diet plans accordingly
- To acquaint hands-on training in the field of enteral and parenteral nutrition

### **Content-theory:**

#### **1. Importance of clinical care nutrition support:**

- Nutritional screening and assessment;
- The therapeutic process,
- Stress of the therapeutic encounter,
- Focus of care,
- Phases of the care process;
- Quality patient care and collaborative roles of nutritionists and nurses;
- Modified diets for various physiological needs;

#### **2. Enteral nutritional:**

- Composition,
- Nutritional prescription (dose),
- Strategies to optimize delivery and minimize risks,
- Pediatric enteral feeding;

#### **3. Total parenteral nutrition**

- Composition,
- Intravenous nutritional prescription (dose) for specific conditions;
- Percutaneous endoscopic gastrostomy and radiologically inserted gastrostomy;
- Complications in enteral and parenteral nutrition;
- Nutritional therapy in diseases of infancy and childhood

#### **4. Drug-nutrient interactions:**

- Drug effects on food and nutrients,
- Food effects on drug absorption,
- Food effects on drug;
- Dietary supplements.

### **Content-Practical:**

#### **1. Nutritional assessment of patients:**

- Selection,
- Nutritional requirements;
- 2. **Tube feeding:**
  - Types,
  - Feeding equipment,
  - Preparation and application of enteral/nasogastric diets,
  - Monitoring the tube-fed patient;
- 3. **Total parenteral nutrition:**
  - Basic rules,
  - Techniques,
  - Prescription,
- 4. **Preparation of total parenteral solution;**
  - Preparation of pre- and post-operative diets;
  - Case studies and logbooks;
  - Hospital visits.

### **Teaching-Learning Strategies:**

Teaching will be a combination of class lectures, class discussions, and group work. Short videos/films will be shown on occasion.

### **Assignments:**

The sessional work will be a combination of written assignments, class quizzes, presentation, and class participation/attendance.

### **Assessments and Examination:**

Sessional Work: 25 marks

Midterm Exam: 35 marks

Final Exam: 40 marks

### **Recommended Readings:**

1. Block, A.S., Maillet, J., Howell, W.H & Winkler, M.F. (2007). Issues and Choices in Clinical Nutrition Practice. Lippincott Williams & Wilkins, Philadelphia, PA, USA.
2. Katsilambros, N., Dimosthenopoulos, C., Kontogianni, M.D., Manglara, E. & Poulia, K.A. (2010). Clinical Nutrition in Practice. Wiley-Blackwell, John Wiley & Sons Ltd., Chichester, West Sussex, UK.

3. Katz, D.L. (2008). Nutrition in Clinical Practice, (2nd ed.) Lippincott Williams & Wilkins, Philadelphia, PA, USA.
4. Rolandelli, R.H., Bankhead, R., Boullate, J. I. & Compher, C.W. (2005). Clinical Nutrition; Enteral and Tube Feeding. (4th ed.) Elsevier Saunders Publishers, USA.

Rolfes, S.R., Pinna, K. & Whitney, E. (2015). Understanding Normal and Clinical Nutrition, (10th ed.) Thomson and Wadsworth Publishers, USA.

