

Course Outline: "6105 - Clinical Nutrition II"

1. General information

FACULTY/SCHOOL	Physical Education, Sport Science & Nutrition		
DEPARTMENT	Nutrition & Dietetics		
LEVEL OF STUDY	Undergraduate		
COURSE UNIT CODE	6105	SEMESTER	6 th
COURSE TITLE	Clinical Nutrition II		
INDEPENDENT TEACHING ACTIVITIES		WEEKLY TEACHING HOURS	CREDITS
in case credits are awarded for separate components/parts of the course, e.g. in lectures, laboratory exercises, etc. If credits are awarded for the entire course, give the weekly teaching hours and the total credits			
	Lectures	3	
	Laboratory Exercises	2	
<i>Add rows if necessary. The organization of teaching and the teaching methods used are described in detail under section 4</i>		5	6
COURSE TYPE <i>Background knowledge, Scientific expertise, General Knowledge, Skills Development</i>	Scientific expertise		
PREREQUISITE COURSES	NO		
LANGUAGE OF INSTRUCTION	Greek		
LANGUAGE OF EXAMINATION/ASSESSMENT	Greek		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	YES		
COURSE WEBSITE (URL)	https://eclass.uth.gr/courses/DND_U_247/		

2. LEARNING OUTCOMES

<p>Learning Outcomes</p> <p><i>The course learning outcomes, specific knowledge, skills and competences of an appropriate (certain) level, which students will acquire upon successful completion of the course, are described in detail. It is necessary to consult: Συμβουλευτείτε το</i></p> <p>APPENDIX A</p> <ul style="list-style-type: none"> <i>Description of the level of learning outcomes for each level of study, in accordance with the European Higher Education Qualifications' Framework.</i> <i>Descriptive indicators for Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and</i> <p>APPENDIX B</p> <p><i>Guidelines for writing Learning Outcomes</i></p>
<p>The aim of the course is to educate and develop students' skills in the dietary management of adult patients, emphasizing the anthropocentric approach of the patient, interdisciplinary collaboration and the design of diets and nutritional interventions for pathological conditions in which the course will focus. In addition, the course material aims to link knowledge gained in previous years to courses such as anatomy, physiology, pathophysiology, biochemistry, metabolism, diet planning and nutritional assessment.</p> <p>Upon successful completion of the course the students will be able to:</p> <ul style="list-style-type: none"> understand the special nutritional needs that arise depending on the pathological condition. plan diets based on the nutritional evaluation of the patients and the dietary recommendations for the respective disease. apply nutrition education techniques and strategies to patients.
<p>General Competences</p> <p><i>Taking into consideration the general competences that students/graduates must acquire (as those are described in the Diploma Supplement and are mentioned below), at which of the following does the course attendance aim?</i></p>

Search for, analysis and synthesis of data and information by the use of appropriate technologies, Adapting to new situations Decision-making Individual/Independent work Group/Team work Working in an international environment Working in an interdisciplinary environment Introduction of innovative research

Project planning and management Respect for diversity and multiculturalism Environmental awareness Social, professional and ethical responsibility and sensitivity to gender issues Critical thinking Development of free, creative and inductive thinking (Other.....citizenship, spiritual freedom, social awareness, altruism etc.)

- Search for, analysis and synthesis of data and information by the use of appropriate technologies
- Adapting to new situations
- Decision-making
- Independent work
- Working in an interdisciplinary environment
- Introduction of innovative research

3. COURSE CONTENT

Indicative content:

1. Diseases of the upper and lower gastrointestinal tract
2. Kidney diseases
3. Anemia
4. Diseases of the liver, bile ducts and pancreas
5. Respiratory disorders (non-cystic)
6. Autoimmune diseases
7. Disorders of electrolytes and redox balance
8. Addictive disorders

4. TEACHING METHODS - ASSESSMENT

<p>MODES OF DELIVERY <i>Face-to-face, in-class lecturing, distance teaching and distance learning etc..</i></p>	In class lecturing, case studies	
<p>USE OF INFORMATION AND COMMUNICATION TECHNOLOGY <i>Use of ICT in teaching, Laboratory Education, Communication with students</i></p>	<ul style="list-style-type: none"> - Diet analysis software - Lectures in Power Point - Learning support through the online eClass platform 	
<p>COURSE DESIGN <i>Description of teaching techniques, practices and methods: Lectures, seminars, laboratory practice, fieldwork, study and analysis of bibliography, tutorials, Internship, Art Workshop, Interactive teaching, Educational visits, projects, Essay writing, Artistic creativity, etc. The study hours for each learning activity as well as the hours of self-directed study are given following the principles of the ECTS.</i></p>	<p>Activity/Method</p>	<p>Semester workload</p>
	Lectures	40
	Laboratory practice	20
	Individual work	30
	Independent Study	60
<p>STUDENT PERFORMANCE EVALUATION/ASSESSMENT METHODS <i>Detailed description of the evaluation procedures:</i></p> <p><i>Language of evaluation, assessment methods, formative or summative (conclusive), multiple choice tests, short- answer questions, open-ended questions, problem solving, written work, essay/report, oral exam, presentation, laboratory work, other.....etc.</i></p>	<p>Written final examination (100%) that includes:</p> <ul style="list-style-type: none"> - Multiple choice tests - Short answer questions - Problem solving questions 	
	<p>Total 150</p>	

<i>Specifically defined evaluation criteria are stated, as well as if and where they are accessible by the students.</i>	
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5. SUGGESTED BIBLIOGRAPHY

-Suggested bibliography:

- Ζαμπέλας Α (2007). Κλινική Διαιτολογία και Διατροφή με Στοιχεία Παθολογίας. Ιατρικές εκδόσεις Π.Χ. Πασχαλίδης».
- Mahan LK, Escott-Stump S, Krause's Food, Nutrition and Diet Therapy, 13th Edition. Philadelphia: Saunders, 2011.
- Marinos Elia, Olle Ljungqvist, Rebecca J Stratton, Susan A. Lanham-New (επιμ. Μανιός Ι και Κοντογιάννη Μ) (2016). Κλινική Διατροφή. Εκδόσεις ΠΑΡΙΣΙΑΝΟΥ.
- Κοντογιάννη Μ, Γιαννακούλια Μ, Καράτζη Κ, Φάππα Ε (2015). Εγχειρίδιο Κλινική Διατροφής. Ελληνικά Ακαδημαϊκά Ηλεκτρονικά Συγγράμματα και Βοηθήματα, ΣΕΑΒ (www.kallipos.gr).