Syllabus of Medical Nutrition Therapy 1

Second Semester 2023 /2024

COURSE INFORMATION	
Course Name: Medical Nutrition Therapy 1 **Semester:** Second Semester **Department:** Department of Clinical Nutrition and Dietetics **Faculty:** Applied Medical Sciences	**Course Code: 140502344** **Section:** 1 **Core Curriculum**: **Obligatory department**
Day(s) and Time(s): Sunday: 10:30-11:30 Tuesday: 10:30-11:30 Thursday: 10:30-11:30 (via MS Teams) **Classroom:** **Medica1 Faculty Building No:204**	**Credit Hours:** 3 **Prerequisites**: Human Nutrition and Metabolism (140502312)

COURSE DESCRIPTION

This course will focus on the skills and knowledge needed for nutrition and dietary interventions in disease states, the Nutrition Care Process, and medical nutrition therapy principles. The study of the abnormal physiological processes that occur in disease, the evaluation of nutritional status, the determination of a diagnosis, the implementation of interventions, the monitoring of progress, and the assessment of outcomes to restore health and enhance the overall well-being, specifically in cases of obesity, diabetes mellitus, cardiovascular disease, liver and biliary tract disease, renal disease, and both upper and lower gastrointestinal tract diseases.

FACULTY INFORMATION	
Name	**Huda Al Hourani**
Academic Title:	**Professor**
Office Location:	**Medica1 Faculty Building No. 2167**
Telephone Number:	**+962 5 3903333 Ext. (5366)**
Email Address:	**hhourani@h.edu.jo**
Office Hours:	**Sun & Tues: 9:30-10:30** **Tues.:11:30- 12:30**

REFERENCES AND LEARNING RESOURCES

Required Textbook:

- Nelms, M., Sucher, K , Lacey, K and Roth, S. (2020) Nutrition Therapy and Pathophysiology 4th Edition. Australia: Wadsworth, Cengage learning.

Suggested Additional Resource:

- Any article requested relevant to any topic covered by the course
- Al Hourani, H. M., AlHalaika, D., Alkhatib, B., & Al-Shami, I. (2023). Photographic Jordanian Food Atlas. https://doi.org/10.31219/osf.io/fq596
- Academy of Nutrition and Dietetics. Nutrition Terminology Reference Manual (eNCPT): Dietetics Language for Nutrition Care. http://www.ncpro.org
- Mahan, LK and Raymond, JL& Escott-Stump ,S. (2011) Krause's Food & the Nutrition Care Process 13th Edition. Philadelphia: W.B. Saunders Co.

DELIVERY METHODS

The course will be delivered through a combination of active learning strategies. These will include:

- PowerPoint lectures and active classroom-based discussion
- Collaborative learning through small groups acting in an interdisciplinary context.
- Encouraging the use of social media and communication between students to enhance the learning experience.

STUDENT LEARNING OUTCOMES MATRIX*

Core Curriculum Learning Outcomes	Program Learning Outcomes	Course Objectives	Course Student Learning Outcomes	Assessment Method
To provide students with the optimum educational standard in the field of clinical nutrition and general knowledge in food technology	**KP1:** Demonstrate a depth understanding of the basis of nutritional science and the nutrient composition of foodand discover the links between diet and disease and health	Determine the role of nutrition in preventing and managing specific diseases and clinical conditions. Analyze and examine nutrition diagnoses and clinical nutrition problems, including their causes and associated signs and symptoms. Produce an evidenced-based nutrition care plan with a focus on specific patient outcomes. Demonstrate effective oral and written communication of nutrition care processes.	Describe and apply the nutrition care process and nutrition terminology	Exams "On-line' reading
To provide optimal educational and training opportunities for students during their professional preparation for careers in nutrition.	**KP2:** demonstrate an understanding of food chemistry, technology, preparation, safety and correlates nutrition with food technology and future challenges**.**		Define the key pathophysiology features, clinical manifestations, nutritional status, and management principles of the major nutrition-related diseases.	
To participate in community services for health promotion and disease prevention programs	**KP3:** Explain the principles of cellular metabolic processes, the structure and function of the various physiological systems, and the principles of biochemistry		Identify the pathophysiology of discussed medical conditions and determine appropriate evidence-based medical nutrition therapy.	
To encourage creativity and innovation in solving problems of emerging cases in the field of clinical nutrition	**KP4:** Providing students with high levels of educational quality based on training on specific pathological conditions in therapeutic nutrition.		Complete a nutrition assessment and interpret nutrition assessment data to develop a nutrition prescription with goals and objectives.	
	SP1: Evaluate critically scientific research from a variety of sources in relation to nutrition and health through working with others, communication, self-management, and problem-solving and reflect on the various components		Demonstrate ability to interpret medical terminology and laboratory parameters related to nutrition.	Practice Written practical exam
To sustain the concept of collaboration to promote an appropriate diet solution in cases of health and disease	**SP2:** Communicate effectively with groups and individuals to promote the benefits of a balanced diet throughout the lifespan and demonstrate the ability to use scientific laboratory skills.		Identify appropriate nutrition problems for each nutrition-related disease.	
	SP3: Assess diet, food and nutrient intake, and the consumption of food constituents in individuals and groups		Appropriately document MNT in a professional format.	
	CP1: Demonstrate consistent professional behavior in accordance with the legal and ethical boundaries of the dietetic profession		Demonstrate critical thinking in applying evidence-based practice when providing nutrition care to individuals.	Exam
	CP2: Critically apply knowledge of diet and health to evaluate and communicate and comment on dietary or health information both from scientific sources.		Develop an individualized nutritional care process for each medical case.	
	CP3: Utilize the methods of data analysis using computer software and apply these methods to analyze data obtained from a wide variety of sources and situations, and apply critical thinking, testing hypotheses, formulating suggestions in diet and health		Identify the specific nutritional outcomes for each medical case. Provide a list of the nutrition care indicators for each medical case.	

ACADEMIC SUPPORT

It is The Hashemite University policy to provide educational opportunities that ensure fair, appropriate and reasonable accommodation to students who have disabilities that may affect their ability to participate in course activities or meet course requirements. Students with disabilities are encouraged to contact their instructor to ensure that their individual needs are met. The University through its Special Need section will exert all efforts to accommodate for individual's needs.
Special Needs
Section:Tel:
Location
:Email:

COURSE REGULATIONS

Policy*:*

- Students are encouraged to prepare for class, using the scheduled outline: your understanding in class will be greatly enhanced if you are familiar with the information ahead of time**.**
- Students missing any class time are responsible for obtaining all information, including assignments and schedule changes**.**
- Students misses more than 15% of total lectures will be deprived from the final exam**.**
- All students should have the same opportunity to learn. There will be times throughout this course you will be encouraged to share personal experiences and opinions and likewise to listen to other students' comments. Friendly, courteous, respectful behavior and positive attitude will be expected from all students each day. There will be NO tolerance for any disrespect towards other students, the subject, or the instructor, otherwise, the misbehaved student will be asked to leave the classroom**.**
- Participation and discussion are encouraged for earning additional points (extra credits)**.**

Plagiarism
Plagiarism is considered a serious academic offence and can result in your work losing marks or being failed. HU expects its students to adopt and abide by the highest standards of conduct in their interaction with their professors, peers, and the wider University community. As such, a student is expected not to engage in behaviours that compromise his/her own integrity as wellas that of the Hashemite University.

Plagiarism includes the following examples and it applies to all student assignments or submitted work:

- **Use of the work, ideas, images or words of someone else without his/her permission orreference to them.**
- **Use of someone else's wording, name, phrase, sentence, paragraph or essay without usingquotation marks.**
- **Misrepresentation of the sources that were used.**

<u>The instructor has the right to fail the coursework or deduct marks where plagiarism is detected</u>

Student Complaints Policy

Students at The Hashemite University have the right to pursue complaints related to faculty, staff, and other students. The nature of the complaints may be either academic or non- academic. For more information about the policy and processes related to this policy, you mayrefer to the students' handbook.

COURSE ASSESSMENT

Course Calendar and Assessment

Students will be graded through the following means of assessment and their final grade will be calculated from the forms of assessment as listed below with their grade weighting taken into account. The criteria for grading are listed at the end of the syllabus

Assessment	Grade Weighting	Deadline Assessment
First Exam	30 %	24/3/2024
Second Exam	30 %	16/5/2024
Final Exam	40 %	To be announced

Description of Exams

Test questions will predominately come from material presented in the lectures. Semester exams will be conducted during the regularly scheduled lecture period. Exam will consist of a combination of multiple choice, short answer, match, true and false and/or descriptive questions.

No make-up exams will be given. Only documented absences will be considered as per HU guidelines.

Grades are not negotiable and are awarded according to the following criteria*:

Letter Grade	Description	Grade Points
A+	**Excellent**	**4.00**
A		**3.75**
A-		**3.50**
B+	**Very Good**	**3.25**
B		**3.00**
B-		**2.75**
C+	**Good**	**2.50**
C		**2.25**
C-		**2.00**
D+	**Pass**	**1.75**
D	**Pass**	**1.50**
F	**Fail**	**0.00**
I	**Incomplete**	**-**

WEEKLY LECTURE SCHEDULE AND CONTENT DISTRIBUTION

"Lecture hours and weeks are approximate and may change as needed"

Note: For Medical nutritional therapy 1 sections with 3 lecture periods per week (Sun., Tues. & Thurs.), one lecture period covers 1 lecture hours in blended format 2 lectures in the university and 1 on Microsoft teams. The chapters of the textbook that considered as part of course content will be included in exams.

Course Content		
Week	**Topics**	**Chapter in Text/handouts**
1-2	**Orientation and Introduction** **Nutrition Care Process**	Chapter 2
2 - 4	**Diseases of disorders of energy imbalance: overweight, obesity, underweight and eating disorders**	Chapter 12
5 - 7	**Diseases of the endocrine system: types of diabetes and thyroid gland problems**	Chapter 17
	First Exam	
7 - 8	**Nutrition therapy for cardiovascular diseases encompasses coronary artery disease, atherosclerosis, hypertension, peripheral vascular disease, and heart failure.**	Chapter 13
9-10	**Nutrition therapy for Renal diseases includes glomerular diseases, acute and chronic kidney diseases, and Nephrolithiasis (kidney stones)**	Chapter 16
	Second Exam	
10- 12	Nutrition therapy for diseases affecting the liver, gallbladder, and pancreas.	Chapter 18
12 - 13	**Nutrition therapy for Upper gastrointestinal tract diseases** **Diseases of the Oral Cavity** **Diseases of the esophagus** **Diseases of the stomach**	Chapter 14
14 -15	**Nutrition therapy for Lower gastrointestinal tract diseases** **Diseases of the small intestine** **Diseases of the large intestine**	Chapter 15