

**Hashemite University**  
**Faculty of Allied Health Sciences**  
**Dep. Clinical Nutrition and Dietetics**  
**NUTRITIONAL STATUS ASSESSMENT**

(140502358)

**Instructor:** Dr. Murad A. Al-Holy

**Office:** Medical Sciences Building (2d floor) No. 2162

**Description:**

This course includes study and skills development in nutritional assessment and body composition assessment relevant to individual and population based nutrition and dietetic practice. Key content areas include dietary assessment, anthropometry, laboratory and clinical methods.

**OBJECTIVES:**

*This course will provide students with an understanding of:*

- Various theoretical and practical methods of screening and assessment used to determine nutritional status including; historical, clinical, biochemical, and anthropometric methods.
- A comprehensive knowledge of the applications of each of these methods in a trial to help student in developing the ability of decision making; for a productive and effective nutrition care process.

<b>WEEK</b>	<b>LECTURES TOPICS</b>
1	Course Introduction Nutrition Care Process
2	STANDARDS FOR NUTRIENT INTAKE
2	Applying DRIs in Nutritional Assessment Using Dietary Guidelines in Nutritional Assessment
3	MEASURING DIET
3	Common Diet Measuring Techniques Estimation of Portion Size
4	COMPUTERIZED DIETARY ANALYSIS SYSTEM
4	Computerized Dietary Analysis Systems Dietary Analysis on the Internet
5	ANTHROPOMETRY
5	Anthropometry (Height, Weight & Circumferences) Anthropometric Charts & Indices
6	Body Composition Analysis (Body Fat Distribution & Skin-fold Thickness) Concept of other Techniques in Body composition Measurement
7	ASSESSMENT OF THE HOSPITALIZED PATIENT
7	Assessment of Hospitalized Patient ( Historical Assessment of Nutritional Status) (Anthropometric & Clinical Data)
8	Determining the Energy Requirement Determining Protein Requirement
9	ASSESSMENT IN DISEASE PREVENTION
9	Assessment in coronary heart disease prevention Assessment in prevention of hypertension
10	Assessment in osteoporosis prevention Assessment in diabetes mellitus prevention
11	BIOCHEMICAL ASSESSMENT OF NUTRITIONAL STATUS

	Protein & Iron Status Assessment Minerals & Vitamins
12	Blood chemistry (1) Blood chemistry (2)
13	CLINICAL ASSESSMENT OF NUTRITION STATUS
	Subjective Global Assessment & mini assessment Clinical assessment of specific health problems
14	Catch up week
15	COURSE REVISION
	FINAL EXAMINATIONS

**PRINCIPAL TEXTBOOK:**

<b>Title of Book</b>	<b>Author</b>	<b>Publisher</b>	<b>Year</b>	<b>Edition</b>
Nutritional Assessment	Robert D Lee David C. Nieman	McGraw-Hill	2017	5th

**SUPPLEMENTARY REFERENCES:**

<b>Title of Book</b>	<b>Author</b>	<b>Publisher</b>	<b>Year</b>	<b>Edition</b>
Principles of Nutritional Assessment	Rosalind S. Gibson	Oxford University Press	2008	3d
Krause's Food & Nutrition Therapy	L. Kathleen Mahan Sylvia Escott- Stump	Saunders	2017	13th

**ASSESSMENT METHODS:**

First Exam (30%)

Second Exam (30%)

Final Exam (40%)

**Course policy**

Cell phones must be kept silent