

Course Syllabus

1	Course title	Diet Therapy 2
2	Course number	0643452
3	Credit hours (theory, practical)	(2,1)
	Contact hours (theory, practical)	(2,3)
4	Prerequisites/corequisites	0603332; 0603353
5	Program title	Bachelor of Human Nutrition and Dietetics
6	Program code	043
7	Awarding institution	The University of Jordan
8	School	School of Agriculture
9	Department	Nutrition and Food Technology
10	Level of course	4 th Year
11	Year of study and semester (s)	1 st Semester
12	Final Qualification	BSc in Human Nutrition and Dietetics
13	Other department (s) involved in teaching the course	-
14	Language of Instruction	English
15	Date of production/revision	Dec. 16 th ,2019

16. Course Coordinator:

Prof. Hamed R Takruri
Office number: 166
office hours: available at the office; changing based on each semester's schedule
phone number: 22410
email address: htakruri@ju.edu.jo

17. Other instructors:

Office numbers, office hours, phone numbers, and email addresses should be listed.
Dr. Rima Misha'al
Dr Shatha Hammad
Dr Haydar El-domi

18. Course Description:

Application of dietetics in the treatment of some diseases, including cardiovascular diseases, respiratory and kidney diseases; also severe disease conditions requiring nutritional rehabilitation such as situations of some surgeries and severe illnesses including burns, accidents, cancer and AIDS; and the use of tube feeding and total parental nutrition. The practical part includes selected case studies and dietetic applications

19. Course aims and outcomes:

<p>A- Aims: This course is a continuation of Diet Therapy (1) and the student, after finishing this course, is expected to:</p> <ol style="list-style-type: none"> 1. Recognize aetiologies, diagnosis tools, signs and symptoms, and pathophysiologic correlations of some diseases which require rehabilitation including selected surgeries and severe illnesses resulting from burns and accidents. 2. Plan diets for cardiovascular diseases, and obstructive pulmonary disease and apply and appreciate the role of DASH diet as a dietary tool in the treatment of hypertension. 3. Understand the role of nutrition and the appropriate diets for hypercatabolic diseases particularly cancer and AIDS. 4. Be able to prepare tube feeding formulas and understand situations in which they are used. 5. Know the composition and be able to evaluate different parental feeding formulas justification of their use and the possible complications which might accompany TPN. 6. Know the etiologies and the role of adequate and healthy diets in selected disabling diseases. 7. Plan and assess diets for the above-mentioned diseases
<p>B- Intended Learning Outcomes (ILOs): Upon successful completion of this course students will be able to</p> <p>A. Knowledge and Understanding: Student is expected to:</p> <p>A1- Know the etiologies, diagnosis tools, signs and symptoms and pathophysiologic correlations of certain common diseases included in the syllabus of this course</p> <p>A2- Ability of the students to read and understand the patient file and plan the right diet for the patient.</p> <p>A3- Preparation of tube feeding formula for different disease situations</p> <p>A4- Recognition of justification for using tube feeding and parenteral nutrition formulas.</p> <p>A5- Giving consultation on the right dietary management for neurological and rheumatic disorders.</p>
<p>B. Intellectual Analytical and Cognitive Skills: Student is expected to</p> <p>B1- Explain the differences between characteristics of diets in different disease situations</p> <p>B2- Relate the clinical signs and symptoms of the disease to the etiology and understand the importance of diet in dealing with such symptoms.</p> <p>B3- Assess the patient nutritional status using different nutritional assessment tools.</p> <p>B4- Find the relationship between laboratory and anthropometric measurements and the disease symptoms.</p>
<p>C. Subject- Specific Skills: Students are expected to</p> <p>C1- Give the right diet for each disease condition</p> <p>C2- Apply the exchange list system in diet planning and dietary assessment.</p> <p>C3- Apply problem solving strategies such as utilizing cultural food habits and social and economical data in education and counselling of patients.</p>
<p>D. Transferable Key Skills: Students are expected to</p> <p>D1- Educate and counsel patients in the use of right diet for each specific disease.</p> <p>D2- Produce brochures on diets.</p> <p>D3- Prepare a presentation on how make use of local foods in dietary planning.</p>

20. Topic Outline and Schedule:

Topic	Week	Instructor	Achieved ILOs	Evaluation Methods	Reference
<ul style="list-style-type: none"> • Dietary Management of Cardiovascular Diseases • Heart: Anatomy and physiology 	1 st &2 nd	Prof. Hamed R Takruri	A1-A5 B1-B4 C1&C2 D1-D3	Exams, Quizzes and assignment	Textbook 1 Ch.34 Textbook 2 Cases 2&3

<ul style="list-style-type: none"> • Etiology of cardiovascular diseases • Atherosclerosis and myocardial infarction (MI) • Hypertension • Congestive heart failure • 					
Pulmonary diseases Chronic obstructive pulmonary disease (COPD)	3 rd	Prof. Hamed R Takruri	A1,A2, A5 B1-B4 C1&C2	Exams, Quizzes and assignment	Textbook 1 Ch.35 Textbook 2 Case 11
Food Allergy	4 th	Prof. Hamed R Takruri	A1-A5 B1-B4 C1&C2	Exams, Quizzes and assignment	Textbook 1 Ch.27
Nutritional management of renal diseases <ul style="list-style-type: none"> • - Anatomy and physiology of kidneys • - Glomerulonephritis • - Nephrotic syndrome • - Renal failure and end-stage renal disease (ESRD) • - Dialysis and kidney transplantation • - Kidney stones (nephrolithiasis) • - Modification of diet in disease: acid ash and • alkaline ash diets 	5 th &6 th	Prof. Hamed R Takruri	A1-A5 B1-B4 C1&C2 D1-D3	Exams, Quizzes and assignment	Textbook 1 Ch.36 Textbook 2 Case 14&15
Nutritional care of gout patients	7 th	Prof. Hamed R Takruri	A1-A5 B1-B4 C1&C2 D2	Exams, Quizzes and assignment	Textbook 1 Ch.40 Textbook 2 Case 21

MIDTERM EXAM	8 th	Prof. Hamed R Takruri			
Nutrition care of surgery and burned patients	8 th -10 th	Prof. Hamed R Takruri	A1-A5 B1-B4 C1&C2 D3	Exams, Quizzes and assignment	Textbook 1 Ch.39 Textbook 2 Case 6&16
Tube feeding/enteral nutrition	10 th	Prof. Hamed R Takruri	A1,A3, A4 B1-B4 C1&C2 D3	Exams, Quizzes and assignment	Textbook 1 Ch. 14 Handout/prepa ration of TF
parenteral nutrition	11 th &12	Prof. Hamed R Takruri	A1-A5 B1-B4 C1&C2	Exams, Quizzes and assignment	Textbook 1 Ch. 14 Textbook 2 Case 7&8
Nutrition care of cancer patients	12&13	Prof. Hamed R Takruri	A1-A5 B1-B4 C1&C2	Exams, Quizzes and assignment	Textbook 1 Ch.37 Textbook 2 Case 18
Nutrition care of AIDS patients	14	Prof. Hamed R Takruri	A1-A5 B1-B4 C1&C2	Exams, Quizzes and assignment	Textbook 1 Ch.38 Textbook 2 Case 17
Nutrition care of patients with neurologic and rheumatic	15	Prof. Hamed R Takruri	A1-A5 B1-B4 C1&C2 D1-D3	Exams, Quizzes and assignment	Textbook 1 Ch.40&51 Textbook 2 Case 22
Review	16	Prof. Hamed R Takruri			
Final exam		Prof. Hamed R Takruri			

21. Teaching Methods and Assignments:

This course is a continuation of the course Diet Therapy 1 (0603451). It is tutored through lectures, discussions, assignments and case studies. Student participation is achieved through assignments and homeworks. Development of ILOs is promoted through the following teaching and learning methods:

ILO/s	Learning Methods
A. Knowledge and Understanding (A1-A5)	Lectures and discussions.
B. Intellectual, Analytical and Cognitive Skills (B1-B4)	Lectures and discussions.
C. Subject- Specific Skills (C1-C3)	Lectures, Discussions and case studies.
D. Transferable Key Skills (D1-D3)	Projects, Presentations and brochures preparation.

22. Evaluation Methods and Course Requirements:

Opportunities to demonstrate achievement of the ILOs are provided through the following assessment methods and requirements:

ILO/s	Evaluation Methods
A. Knowledge and Understanding (A1-A5)	Exams and quizzes.
B. Intellectual, Analytical and Cognitive Skills (B1-B4)	Exams and Quizzes.
C. Subject- Specific Skills (C1-C3)	Exams, Quizzes and assignment
D. Transferable Key Skills (D1-D3)	Project and assessment evaluation.

Projects and Assignments

Each student is given a weekly assignment which is discussed in the laboratory session.

23. Course Policies:

A- Attendance policies: Students are not to be absent for more than 15% of lectures

B- Absences from exams and handing in assignments on time: This is required unless there is an excuse

C- Health and safety procedures:

D- Honesty policy regarding cheating, plagiarism, misbehaviour: University regulations are to be applied

E- Grading policy: 30% of the grade for midterm exam, 20% for course project and 50% for a final exam

F- Available university services that support achievement in the course:

24. Required equipment: (Facilities, Tools, Labs, Training...)

Data Shaw, white board, computers etc.

25. References:

Required book (s), assigned reading and audio-visuals:

- 1- Mahan L.K., Escottstump, S and Raymond, J.L. (2017), Krause's Food and the Nutrition Care Process, Middle Eastern Copy 14th edition(Reprint), W.B., Saunders/ an Imprint of Elsevier,Inc., St Louis/Missouri.
- 2- Takruri, H.R. & Tayyem, R. F. (2017). Selected Case Studies in Clinical Nutrition, 2nd edn. Dar-Almanahij, Amman.

Recommended books, materials, and media:

1. Shils, M. E. et al. (2006). Modern Nutrition in Health and Disease, 10th edition. Lea and Febiger, Philadelphia.
2. Schlenker.E. & Roth.S.(2011).Williams' Essentials of Nutrition and Diet Therapy, 10th edition, The C.V. Mosby Co., St. Louis.
3. American Dietetic Association (ADA) and American Diabetic Association (2008). Choose Your Foods: Exchange Lists for Diabetes, ADA Chicago.
4. DeBruyne, L. K., Whitney. E. N. and Pinna.K. (2012). Nutrition and Diet Therapy, 8th ed. Thomson ,Belmont, USA.

- 5- عبد الرحمن المصيفر. (2007). أسس التغذية العلاجية، ط2 دار القلم. دبي
6- جلال المخللاتي (2011)، دليل تغذية المرضى في المستشفيات ط1 (الإصدار الثالث) دار الشروق .عمان.
7- هبة بوادي وحامد التكروري وآخرون.(2017). نظام بدائل الأغذية للمأكولات الشائعة في المجتمع الأردني والعربي، ط 2 ، دار الشروق، عمان.

Selected internet sites (to be given as handouts).

- i- www.hwa.ca
- ii- www.eatright.com
- iii- www.faseb.org/ascn
- iv- www.nutritiongate.com
- v- www.esdrnetwork.org
- vi- www.fda.gov/Food Resources For You
- vii- [www.choose MyPlate.gov](http://www.chooseMyPlate.gov)
- viii- www.cdc.gov
- ix- www.gastro.org
- x- www.icdiabetes.org
- xi- www.heart.org
- xii- www.cancer.gov/cancertropic
- xiii- www.kidney.gov
- xiv- www.oncologynutrition.org
- xv- www.arthritis.org
- xvi- www.ameriburn.org
- xvii- www.renalnet.org

26. Additional information:

<u>Evaluation</u>		
Evaluation	Point %	Date
Midterm Exam	Theoretical: 30 Practical: 10	6 th and 8 th weeks
Quizzes	5	As announced by instructors
Homework	5	As announced
Final Exam	50	As announced by registrar's Department

Intended Grading Scale (Optional)

It depends on the student average and standard deviation; most probably intervals of 6 and 3 will be used.

Notes:

- Concerns or complaints should be expressed in the first instance to the module lecturer; if no resolution is forthcoming, then the issue should be brought to the attention of the module coordinator (for multiple sections) who will take the concerns to the module representative meeting. Thereafter, problems are dealt with by the Department Chair and if still unresolved the Dean and then ultimately the Vice President. For final complaints, there will be a committee to review grading the final exam.
- For more details on University regulations please visit:
<http://www.ju.edu.jo/rules/index.htm>

Name of Course Coordinator: Prof. Hamed R Takruri Signature: ----- Date: -----

Head of curriculum committee/Department: ----- Signature: -----

Head of Department: ----- Signature: -----

Head of curriculum committee/Faculty: ----- Signature: -----

Dean: ----- -Signature: -----