

Course Unit	Supporte Nutricional	Field of study	Dietetics and Nutrition
Bachelor in	Dietetics and Nutrition	School	School of Health
Academic Year	2023/2024	Year of study	3
Type	Semestral	Semester	2
Level	1-3	ECTS credits	6.0
Code	8149-807-3206-00-23		
Workload (hours)	162	Contact hours	T - TP 15 PL 45 TC - S - E - OT 15 O -

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Andre Eduardo de Magalhaes Carneiro

#### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Know the different nutritional support techniques (oral, enteral and parenteral).
2. Know how to assess nutritional needs in critically ill situations.
3. To implement the nutritional status evaluation appropriate to each medical condition.
4. Plan and develop nutritional intervention in different pathologies that require artificial nutrition.
5. Evaluate the efficacy of the nutritional intervention, reformulating if necessary.

#### Prerequisites

Not applicable

#### Course contents

Nutrition in different pathologies associated with all age groups: Hereditary Diseases of Metabolism; Eating Disorders; Metabolic Diseases; Insanity; Intervention in a Hospital Context. Study of Basic Life Support Techniques.

#### Course contents (extended version)

1. Nutritional Intervention in Nervous System Diseases
2. Nutritional Intervention in Endocrine and Metabolic System
3. Nutritional Intervention in Hereditary metabolic disorders
4. Nutritional Intervention in Eating Behaviour Diseases
5. Nutritional Intervention in Metabolic Stress: Burns and Sepsis
6. Basic Life Support

#### Recommended reading

1. Mahan LK, Escott-Stump S. (2010). Krause: Alimentos, Nutrição e Dietoterapia. Brasil: Elsevier.
2. Shiels ME, Olson JA, Shike M, Ross AC (2003). Tratado de Nutrição Moderna na Saúde e na Doença. São Paulo, Brasil: Manole Editores.
3. Waitzberg DL (2002). Nutrição Oral, Enteral e Parenteral na Prática Clínica. São Paulo, Brasil: Editora Atheneu.
4. Artigos e documentos disponibilizados aos estudantes via virtual. ipb. pt

#### Teaching and learning methods

The Theoretical-Practical Classes include the presentation of content and debate on the various topics to be presented, referring to nutritional care for different pathologies. PL classes consist of the application of theoretical knowledge in the resolution of clinical cases of the different pathologies addressed, simulating the real context of consultation.

#### Assessment methods

- Evaluation - (Regular, Student Worker) (Final, Supplementary, Special)
  - Final Written Exam - 50% (Exam TP)
  - Final Written Exam - 50% (Exam PL (Clinical Case))

#### Language of instruction

1. Portuguese, with additional English support for foreign students.
2. English

#### Electronic validation

Andre Eduardo de Magalhaes Carneiro	Vera Alexandra Ferro Lebres	Luis Migue Fernandes Nascimento	Adília Maria Pires da Silva Fernandes
08-04-2024	08-04-2024	09-04-2024	09-04-2024