

Course Unit	Clinical Dietetics I	Field of study	Therapy and Rehabilitation
Bachelor in	Dietetics and Nutrition	School	School of Health
Academic Year	2021/2022	Year of study	2
Type	Semestral	Semester	2
Level	1-2	ECTS credits	6.0
Code	8149-501-2201-00-21		
Workload (hours)	162	Contact hours	T - , TP 30 , PL 45 , TC - , S - , E - , OT - , 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) Hugo Miguel Antunes Campos Canelas, Iolanda Ligia Rodrigues Afonso, Olivia Perim Galvao de Podesta

#### Learning outcomes and competences

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

1. Recognize the pathophysiology of each disease associated with diet and nutrition
2. Understand the importance of nutrition as prevention and / or therapy for different diseases
3. Study the most appropriate methods for Nutritional Status Assessment, to each studied disease
4. Identify the most important parameters for Dietetics Evaluation, to each disease studied
5. Be able to perform the Nutrition Diagnosis of different pathological cases
6. Develop the most appropriate Dietary Intervention of different pathologies, based on nutritional diagnosis
7. Perform Nutritional Monitoring of different pathologies
8. To evaluate the effectiveness of dietary intervention implemented in different pathologies

#### Prerequisites

Before the course unit the learner is expected to be able to:

Have knowledge of pathophysiology and Be able to problem-solving in lifecycle dietetics

#### Course contents

The study of the techniques of the Nutrition Care Process (including Assessment, Diagnosis, Intervention and Monitoring / Evaluation Final) of pathologies linked to weight changes and diseases of the digestive system, including the liver, gallbladder and pancreas.

#### Course contents (extended version)

1. Nutritional Support Techniques
2. Nutritional Care Process for diseases related to changes in weight
3. Nutritional Care Process for diseases of the digestive system
4. Nutritional Care Process for liver diseases
5. Nutritional Care Process for diseases of the gallbladder
6. Nutritional Care Process for pancreatic diseases

#### Recommended reading

1. Mahan, L. K. , Escott-Stump, S. (2010) Krause: Alimentos, Nutrição e Dietoterapia (12ª Edição). São Paulo: Roca.
2. Shiels, M. E. , Olson, J. A. , Shike, M. , Ross, A. C. (2003). Tratado de Nutrição Moderna na Saúde e na Doença (9ª Edição). São Paulo: Manole Editores.
3. Waitzberg, D. L. (2002) Nutrição Oral, Enteral e Parenteral na Prática Clínica (3ª Edição). São Paulo: Editora Atheneu.
4. Artigos publicados em: The American Journal of Clinical Nutrition (Disp. em: [www.ajcn.org](http://www.ajcn.org)); ESPEN (Disp. em: [www.espen.org/espenguidelines.html](http://www.espen.org/espenguidelines.html)) e JPEN (Disp. em: [pen.sagepub.com/](http://pen.sagepub.com/))

#### Teaching and learning methods

The theoretical lessons will use the expository method, using the debate to promote reflection and active participation of students. The laboratory practices consist of training nutrition and dietary assessment techniques, consultation simulation and clinical cases resolution.

#### Assessment methods

- Alternative 1 - (Regular, Student Worker) (Final, Supplementary, Special)
  - Final Written Exam - 50% (Individual evaluations from Theoretical and practical Lectures: a written examination.)
  - Case Studies - 50% (Individual evaluation from Problem-solving Lectures: a clinical case resolution.)

#### Language of instruction

Portuguese, with additional English support for foreign students.

#### Electronic validation

Hugo Miguel Antunes Campos Canelas, Iolanda Ligia Rodrigues Afonso, Olivia Perim Galvao de Podesta	Ana Maria Geraledes Rodrigues Pereira	Josiana Adelaide Vaz	Adília Maria Pires da Silva Fernandes
01-03-2022	23-03-2022	28-03-2022	28-03-2022