

Course Unit	Clinical Dietetics II		Field of study	Therapy and Rehabilitation	
Bachelor in	Dietetics and Nutrition		School	School of Health	
Academic Year	2022/2023	Year of study	3	Level	1-3
Type	Semestral	Semester	1	ECTS credits	6.0
Code	8149-501-3103-00-22				
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) Mara Sofia Rodrigues

#### Learning outcomes and competences

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

1. Recognize the physiopathology of each pathology, linking it with diet and nutrition.
2. Understand the importance of dietetics in the prevention and/ or therapy in each pathologies.
3. To implement the nutritional status evaluation appropriate to each medical condition.
4. To implement the dietetical evaluation appropriate to each medical condition.
5. To plan and elaborate the dietary intervention, appropriate to the pathologies studied
6. Evaluate the efficacy of the dietetics intervention, reformulating if necessary.

#### Prerequisites

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

1. Have knowledge of pathophysiology.
2. Have knowledge of nutritional assessment status in different ages.
3. Have knowledge of dietary assessment methods.

#### Course contents

Approach to the dietetic planning, intervention and evaluation in the studied diseases.

#### Course contents (extended version)

1. Dietetical and Nutritional Intervention in food allergy and intolerances
2. Dietetical and Nutritional Intervention in hemathologic system
3. Dietetical and Nutritional Intervention in bones and joints diseases
4. Dietetical and Nutritional Intervention in cardiovascular diseases
5. Dietetical and Nutritional Intervention in Diabetes and Metabolic Syndrome
6. Dietetical and Nutritional Intervention in kidney diseases
7. Dietetical and Nutritional Intervention in cancer
8. Dietetical and Nutritional Intervention in HIV/ AIDS
9. Dietetical and Nutritional Intervention in pulmonary diseases

#### Recommended reading

1. Mahan LK, Escott-Stump S. (2010). Krause: Alimentos, Nutrição e Dietoterapia. Brasil: Elsevier.
2. Shiis 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. Periódicos na área da dietética clínica, disponíveis na biblioteca B-On e entregues aos estudantes via ipb. virtual

#### Teaching and learning methods

The TP lessons will be based on the analysis of the specific guidelines for nutritional intervention in each pathology, using the debate to promote students reflection and active participation. The PL lessons consist of training nutrition and dietary assessment techniques, consultation simulation and clinical cases resolution. It will be given support to the student independent work.

#### Assessment methods

- Two elements of evaluation - (Regular, Student Worker) (Final, Supplementary, Special)
- Final Written Exam - 50% (TP Component. Minimal score as mentioned in the pedagogical regulation.)
- Case Studies - 50% (PL Component. Minimal score as mentioned in the pedagogical regulation.)

#### Language of instruction

Portuguese, with additional English support for foreign students.

#### Electronic validation

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14-12-2022	23-12-2022	28-02-2023	04-03-2023