INSTITUTO POLITÉCNICO DE BRAGANÇA

Course Unit	Nutrition and Dietetics in the Elderly			Field of study	Therapy and Rehabilitation		
Bachelor in	Gerontology			School	School of Health		
Academic Year	2021/2022	Year of study	2	Level	1-2	ECTS credits	4.0
Type	Semestral	Semester	1	Code	9833-346-2103-00-21		

Workload (hours)	108	Contact hours	T	-	TP	30	PL	-	TC	-	S	-	E	-	OT	12	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): Iolanda Ligia Rodrigues Afonso

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:
1. To have basic knowledges of Nutrition and Dietary and aplly them in Gerontology;
2. Describe the physiological changes of the aging process with consequences at dietary and nutritional levels;
3. To highlight the psychossocial aspects of the elderly diet;
4. To know techniques of nutritional state assessment on elderly people;
5. Identify the nutritional needs of the elderly people;
6. Point out the symptoms or consequences of certain pathologies that can affect the diet or the nutrition of elderly people, highlighting the diet and nutrition as an integrative part of the treatment.
7. Promote the elderlys' food and nutritional health in community actions.
8. To know the concept of food safety, the pre-requisites, good practices and legal obligations in food services of elderly care institutions.

Prerequisites

Before the course unit the learner is expected to be able to:
Not applicable.

Course contents

1. General Nutrition and Dietary concepts; 2. Healthy Diet; 3. Adult and elderly dietary recommendations; 4. Nutritional problems of elderly people; 5. Nutritional intervention in pathologies common on the elderly; 6. Evaluation of nutritional status; 7. Food and nutrition education to elderly; 8. Food service in elderly care institutions.

Course contents (extended version)

1. General Nutrition and Dietetic concepts
2. Healthy Nutrition
   - Principles of Healthy Nutrition
   - Healthy diet graphics, mediterranean diet and dietary recommendations for elderly.
   - Macronutrients, micronutrients and other constituents
3. Adult and Elderly dietetics
   - Nutritional needs and recommendations
4. Nutritional problems of elderly
   - Physiological changes of the aging process
   - Causes and consequences of elderly nutritional problems
   - Elderly Nutritional Therapy Strategies
5. Nutritional Status Assessment
   - Anthropometry
   - Biochemical
   - Clinical
   - Dietetic
6. Nutritional Pathologies
   - Undernutrition
   - Obesity
   - Dysphagia
   - Intestinal dysfunction
   - Endocrine Pathologies
   - Cardiovascular Diseases
7. Food and nutrition education to the elderly
8. Food service in elderly care institutions.

Recommended reading

1. Mahan, L. K. , & Escott-Stump S. (2010) Krause: Alimentos, Nutrição e Dietoterapia. (12ª ed.). São Paulo: Elvevier.
2. Busnello, F. M. (2007). Aspectos Nutricionais no Processo do Envelhecimento. São Paulo: Atheneu.
3. De Angelis, R. C. , & Tirapegui, J. (2007). Fisiologia da Nutrição Humana - aspectos básicos, aplicados e funcionais. (2ª ed.). São Paulo: Atheneu.
4. Ferry, M. et al. (2004), A Nutrição da Pessoa Idosa. (2ª ed.). Lisboa: Lusociência.

Teaching and learning methods

The expositive method is used in the TP classes, using also the debate/ discussion, promoting the individual reflection and stimulating communication. It will be carried out tutorial orientation of the autonomous student work.

Assessment methods

- Final assessment - (Regular, Student Worker) (Final, Supplementary, Special)
  - Final Written Exam - 100%
  - Intermediate Written Test - 100% (Two written evaluations during the semester.)

Language of instruction

Portuguese, with additional English support for foreign students.

This document is valid only if stamped in all pages.

Electronic validation

Iolanda Ligia Rodrigues Afonso	Juliana Almeida de Souza	Josiana Adelaide Vaz	Adília Maria Pires da Silva Fernandes
08-11-2021	14-11-2021	15-11-2021	15-11-2021

This document is valid only if stamped in all pages.