

Medical Nutrition Therapy II - Practicals

4 Credits (Pr)

Contents:

The practicals should focus on:

1. Market survey of commercial nutritional supplements and nutritional support substrates
2. Commonly used tests for diagnosis of various diseases- system wise
 - Interpretation of patient data and diagnostic tests of drawing up of patient diet prescription, using a case study approach.
 - Follow up – acceptability of diet prescription, compliance, discharge diet plan for each of the diseases

Module No	Topics and Details	No of Credits
1	Nutrition for Diabetes Mellitus and hypoglycemia A) Nutritional management i) Diet planning for Type1, Type2 diabetes mellitus ii) For Special conditions a) Pregnancy b) Elderly c) Surgery d) Illness e) Physical activities B) Acute complications – nutritional care i) Hypoglycemia ii) Somogyi effect iii) Dawn phenomenon C) Long term complication – prevention and nutritional care i). Macrovascular ii). Microvascular Nutrition in Diseases of Other Endocrine organs - Dietary treatment as supportive to other form of therapy in diseases of the adrenal cortex, thyroid and parathyroid gland - Hyper and Hyperthyroidism (goiter) - Hypocalcaemia	2
2	Nutrition in Cardiovascular Diseases and Pulmonary Disorders Nutrition in Cardiovascular Diseases Dietary management of Hypertension-DASH approach	1

	<p>Developing low sodium recipes</p> <p>Dietary management of Hyperlipidemia and Hyperlipoproteinemia</p> <p>Dietary management</p> <p>i) Coronary Heart Disease - Dietary management</p> <p>ii). Congestive Heart Failure - Nutritional Care</p> <p>iii) Cerebrovascular Disease and Peripheral Vascular Disease: dietary care</p> <p>iv). Rheumatic and Congenital Heart Disease: nutritional care</p>	
3	<p>Nutrition in Renal Diseases and Musculoskeletal disorders</p> <p>Sodium and Potassium Exchange list</p> <p>A. GlomeruloNephritis</p> <p>Principles of dietary treatment and management</p> <p>B. Nephrotic Syndrome</p> <p>Principles of dietary treatment and management</p> <p>C. Uremic Renal Failure</p> <p>ii) Dietary management in Acute Renal Disease</p> <p>iii) Dietary management in Chronic Renal Disease</p> <p>iv) Dietary modification in chronic renal disease with complications</p> <p>D) Types of dialysis and their nutritional care –Haemodialysis, CAPD, Continuous Ambulatory peritoneal dialysis)</p> <p>E) Renal Transplant and its nutritional care</p> <p>F) Nephrolithiases- nutritional care (acid & alkaline ash diet)</p> <p>MNT for Rheumatic disorders (of the musculoskeletal system)</p> <p>Nutritional Care for -</p> <p>i) Rheumatic diseases ii) Osteoarthritis iii) Rheumatoid arthritis iv) Gout</p>	1

References:

1. Mahan, L.K. and Escott-Stump, S. (2000): Krause's Food Nutrition and Diet Therapy, 10th Edition, W.B. Saunders Ltd.
2. Shils, M.E., Olson, J.A., Shike, M. and Ross, A.C. (1999): Modern Nutrition in Health and Disease, 9th Edition, Williams and Wilkins.
3. Escott-Stump, S. (1998): Nutrition and Diagnosis Related Care, 4th Edition, Williams and Wilkins.
4. Garrow, J.S., James, W.P.T. and Ralph, A. (2000): Human Nutrition and Dietetics, 10th Edition, Churchill Livingstone.

5. Williams, S.R. (1993): Nutrition and Diet Therapy, 7th Edition, Times Mirror/Mosby College Publishing.
6. Davis, J. and Sherer, K. (1994): Applied Nutrition and Diet Therapy for Nurses, 2nd Edition, W.B. Saunders Co.
7. Walker, W.A. and Watkins, J.B. (Ed) (1985): Nutrition in Pediatrics, Boston, Little, Brown & Co.
8. Guyton, A.C. and Hall, J.E. (1999): Textbook of Medical Physiology, 9th Edition, W.B. Saunders Co.
9. Ritchie, A.C. (1990): Boyd's Textbook of Pathology, 9th Edition, Lea and Febiger, Philadelphia.
10. Fauci, S.A. et al (1998): Harrison's Principles of Internal Medicine, 14th Edition, McGraw Hill.
11. World Cancer Research Fund (1997). Food, Nutrition and the Prevention of Cancer- A Global perspective, Washington E.D. WCRF.

Journals and Other Reference Series

1. Nutrition Update Series
2. World Review of Nutrition and Dietetics
3. Journal of the American Dietetic Association
4. American Journal of Clinical Nutrition
5. European Journal of Clinical Nutrition
6. Nutrition Reviews