

## GERIATRIC NUTRITION

**4 credits Theory**

### Objectives:

This course will enable the students to:

1. Understand the multifaceted aspects of aging
2. Understand the specific needs of elderly and the effects of various diseases on nutritional status and nutritional requirements at these stages of the life cycle
3. Be competent to recommend / provide appropriate nutritional care based on pathophysiology, prevention/ and treatment of the various diet-related disorders/ diseases

<b>Module No</b>	<b>Topic and Details</b>	<b>No of Credits</b>
<b>1</b>	<b>The Ageing Society-</b> Global and Indian scenario  Epidemiology  Life Expectancy vs Life Span  Usual vs Successful Ageing  Changes associated with Ageing process  Cellular aspects of ageing  Physiological changes: body composition gastrointestinal, cardiac, respiratory, renal, muscular, skeletal, neural(including brain and spinal cord), endocrine and metabolic, changes and impact on health and nutritional status  Functional manifestations of ageing: constipation, impaired fluid and electrolyte balance, altered thermoregulation, sleep disturbances	<b>1</b>
<b>2</b>	<b>Common molecular theories of ageing and nutritional interventions</b>  Factors influencing ageing – endogenous and exogenous	<b>1</b>

	<p>Benefits of calorie restriction and exercise</p> <p>Nutritional requirements – factors influencing and dietary plans for senior citizens</p> <p>Promoting successful ageing-traditional and modern methods</p>	
<b>3</b>	<p><b>Nutritional and health status of elderly.</b> Factors influencing food consumption and nutritional status of elderly</p> <p>Undernutrition in the Elderly – risk factors,</p> <p>Common diseases in elderly: Etiopathogenesis, manifestations and interventions -</p> <p style="padding-left: 40px;">Gastrointestinal disturbances, cardiac, renal, respiratory diseases, mental changes including depression, dementia, Parkinson’s, Alzheimer’s, bone and muscle related abnormalities, Sarcopenia, frailty</p> <p>Role of Nutrition in prevention of age related diseases</p> <p>Nutrient drug interactions</p>	<b>1</b>
<b>4</b>	<p>Assessment of nutritional status – mini nutrition index, assessment of frailty</p> <p>Policies and programmes of the government and NGO sector pertaining to the elderly</p> <p>Promoting fitness and well being- use of various modern and traditional approaches</p>	<b>1</b>

NOTE: Module 4 is to be done through field visits and as independent project through the following:

1. Visit to old age homes
2. Assessment of physical fitness, food intake and nutritional status
3. Planning and preparation of diets for the elderly in health and sickness.
4. Developing protocol for promoting fitness and health vis-à-vis health status/disease.

## References:

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**Journals:**

1. *American Journal of Clinical Nutrition,*
2. *Gerontology,*
3. *Journal of the American Geriatric Society,*
4. *Age Ageing,*
5. *Journal of Applied Gerontology,*
6. *Age,*
7. *Journal of Gerontology*