

DIETETIC TECHNIQUES AND PATIENT COUNSELLING

1 Credit (Th) + 3 Credits

(Pr)

Objectives:

This course will prepare the students to:

- Understand the principles and procedures of nutrition counseling and the role of the counselor.
- Develop an understanding how: (a) lifestyles influence health and well-being; (b) acute and chronic disease affects the emotional and psychological state and the behavior of the individuals.
- Be familiar with various techniques used in counseling.
- Be able to use various types and techniques of counseling to motivate patients to achieve well-being.

Contents:

Module No	Topics and Details	No of Credits
Theory		
1	<p>Counselling – Definition, Expectations, goals, scope and limits.</p> <p>Counsellor – Characteristics of an effective counselor</p> <p>The Client – Characteristics, expectations</p> <p>The Counselling Process: Techniques for obtaining relevant information</p> <ol style="list-style-type: none"> 1. Clinical Information 2. Medical History and General Profile 3. Dietary Diagnosis <ul style="list-style-type: none"> • Assessing food and nutrient intakes • Lifestyles, physical activity, stress 4. Nutritional Status 5. Correlating relevant information and identifying areas of need <ul style="list-style-type: none"> Stage I: Problem exploration and clarification Stage II: Developing new perspectives and setting goals Stage III: Implementation follow up and evaluation 	1
2	<p>Counselling Theories and Approaches: Key Concepts and Techniques</p> <p>Counselling techniques, strategies and communication skills</p> <p>Rapport building and opening techniques</p> <p>Questioning, listening, reflecting, acceptance, silence, leading reassurance, non-verbal behaviour, terminating skills.</p> <p>Group Counselling</p>	

Practicals		
3	Developing resources and aids for education and counseling	1
4	<p>Working with:</p> <p>1. Hospitalised patients (adults, pediatric, elderly, handicapped), adjusting and adopting to individual needs</p> <p>Outpatients (adults, pediatric, elderly, handicapped), patients education, techniques and modes</p> <p>Follow up Monitoring and Evaluation of outcome: Home visits.</p>	2

References:

1. Gable, J. (1997): Counselling Skills for Dietitians, Blackwell Science.
2. Holli, B.B. and Calabrese, R.J. (1998): Communication and Education Skills for Dietetics Professionals. Lippin Cott Williams & Wilkins, New York.
3. Curry, R.K. and Jaffe, A. (1998): Nutrition Counselling and Communication Skills, W.B. Saunders Co. London.
4. Hosking, G. and Powell, R. (1985): Chronic Childhood Disorders; Wright, Bristol.
5. O'Deughterty, M.M. (1983): Counselling the chronically ill child; The Lewis Publishing Co. Vermont, 1983.
6. Shillitee Psychology and Diabetes, Chapman & Hall Ltd., London, 1988.