



## Para-Medical Program

<b>Specialization</b>	Midwifery
<b>Course Number</b>	020804211
<b>Course Title</b>	Basic and Applied Nutrition
<b>Credit Hours</b>	(2)
<b>Theoretical Hours</b>	(1)
<b>Practical Hours</b>	(3)



❖ تطبق هذه الخطة الدراسية اعتباراً من بداية العام الجامعي 2018/2017



### Brief Course Description:

- ❖ This course is designed to provide the student with knowledge about the applied and basic nutrition, characteristics and function of nutrients. Individual nutritional characteristics through the life span, therapeutic diet system, effect of cultural, economical and social habits in order to utilize it in her/his work responsibilities.

### Course Objectives:

Upon the completion of the course, the student will be able to:

1. Be oriented to the historical development of nutrition and food and the related terms.
2. Understand the importance of food the individual in the life spans.
3. Determine the basic food elements and the diseases caused by decrease or increase of its intake.
4. Describe the basic nutritional systems in the hospital determine the creative food description and participate in food health education of the patient according to this health condition.
5. Explain the nutritional habits and the factors affecting the food planning.
6. Help the patient in eating the nutritional meal.



## Detailed Course Description:

Time Needed	Unit Content	Unit Name	Unit Number
1.	Introduction to nutrition	<ul style="list-style-type: none"> <li>▪ Development of dietetics.</li> <li>▪ Basic terms and nutrition: Food and nutrition, nutritional status, nutritional assessment, meal, diet, dietetic, balanced diet, metabolism of food, mal-nutrition, food regime-Nutrients, essential nutrient, coal cal RDA's + DRI</li> </ul>	
2.	Energy yielding materials	<ul style="list-style-type: none"> <li>▪ Energy sources. <ul style="list-style-type: none"> <li>- Carbohydrates.</li> <li>- Proteins.</li> <li>- Lipids.</li> </ul> </li> <li>▪ Definitions.</li> <li>▪ Structure.</li> <li>▪ Types.</li> <li>▪ Function.</li> <li>▪ Sources.</li> </ul>	
3.	Non Energy yielding material	<ul style="list-style-type: none"> <li>▪ Vitamins. <ul style="list-style-type: none"> <li>- Fat soluble vitamins (A, D, k, H).</li> <li>- Water soluble vitamins (thiamine B1, riboflavin B2, cyanocobalamin b).</li> <li>- Characteristic.</li> <li>- Functions.</li> <li>- Toxicity.</li> <li>- Preventive &amp; curative measures.</li> </ul> </li> <li>▪ Minerals: Calcium, Sodium, Phosphorus, ferns, magnesium, chloride. <ul style="list-style-type: none"> <li>- Function.</li> <li>- Sources.</li> <li>- Effects of altered minerals intake.</li> <li>- Prevention and curative measures.</li> </ul> </li> <li>▪ Water: <ul style="list-style-type: none"> <li>- Function.</li> </ul> </li> </ul>	

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		<ul style="list-style-type: none"> <li>- Water recommendation &amp; Sources.</li> <li>- Effect of dependency.</li> <li>▪ Prevention and curative.</li> </ul>	
4.	<b>Food &amp; Health</b>	<ul style="list-style-type: none"> <li>▪ Define health.</li> <li>▪ The relation ship between nutrition &amp; health.</li> <li>▪ Food functions.</li> <li>▪ The four food group (Milk, meat, vegetables &amp; fruits, bread and grains)</li> <li>▪ Food pyramid guides.</li> </ul>	
5.	<b>The Effect Of social And Psychological Factors On Food &amp; Nutrition</b>	<ul style="list-style-type: none"> <li>▪ Psychological factors.</li> <li>▪ Social status (Cultures &amp; habits traditions, religious beliefs, economical status)</li> </ul>	
6.	<b>Organizations relevant to nutrition</b>	<ul style="list-style-type: none"> <li>▪ National organization relevant to nutrition.</li> <li>▪ International organization relevant to nutrition.</li> </ul>	
7.	<b>Nutritional planning</b>	<ul style="list-style-type: none"> <li>▪ Methods of Assessing of nutritional status. <ul style="list-style-type: none"> <li>- Clinical evaluation.</li> <li>- Biochemical studies.</li> <li>- Anthropometrical measurements.</li> <li>- Dietary history.</li> </ul> </li> <li>▪ Exchange lists. <ul style="list-style-type: none"> <li>- Dietary requirements.</li> <li>- Use of the recommended nutrient in the table.</li> <li>- Use the food exchange lists.</li> <li>- Practical application.</li> </ul> </li> <li>▪ Factors Affecting meal planning <ul style="list-style-type: none"> <li>- Age</li> <li>- Sex.</li> <li>- Activity.</li> <li>- Economical status.</li> <li>- Food reliability.</li> <li>- Likes &amp; Dislikes.</li> </ul> </li> </ul>	



		<ul style="list-style-type: none"> <li>- Habits and believes and culture.</li> <li>▪ Dietary planning</li> </ul>	
8.	<b>Nutrition in Health Cares Throughout The life Cycle</b>	<ul style="list-style-type: none"> <li>▪ Food intake and growth.</li> <li>▪ Nutrition during pregnancy.               <ul style="list-style-type: none"> <li>- Factors planing pregnant Q at nut. Risk.</li> <li>- Weight gain.</li> <li>- Handling nut,problem during pregnancy.</li> </ul> </li> <li>▪ Nutrition during lactation.</li> <li>▪ Nutrition for infancy.</li> <li>▪ Breast feeding versus artificial feeding.</li> <li>▪ Child nutrition during different age group               <ul style="list-style-type: none"> <li>- From (1-3) years.</li> <li>- From (4-6) years.</li> <li>- From (7-11) years.</li> </ul> </li> <li>▪ Adult nutrition.</li> <li>▪ Elderly nutrition.</li> </ul>	
9.	<b>Nutrition in clinical care</b>	<ul style="list-style-type: none"> <li>▪ Nutrition for patients with special conditions               <ul style="list-style-type: none"> <li>- Infection.</li> <li>- Allergy.</li> <li>- Constipation.</li> <li>- Peptic ulcer.</li> <li>- Liver cirrhosis.</li> <li>- Cancer.</li> <li>- Accidents and injuries.</li> <li>- Diarrhea.</li> <li>- Cholecystitis.</li> </ul> </li> <li>▪ Diet in Disorders of the cardiovascular system abnormality thermostatic               <ul style="list-style-type: none"> <li>- Heart failure.</li> <li>- Ischemic heart disease hypertension.</li> </ul> </li> <li>▪ Diet in disorders of the kidneys.</li> </ul>	



		<ul style="list-style-type: none"> <li>- Urinary tract infection.</li> <li>- Nephritic syndrome.</li> <li>- Renal calculi.</li> <li>- Renal failure.</li> <li>▪ Diet in glands disorders and metabolism.               <ul style="list-style-type: none"> <li>- Phenylketonuria.</li> <li>- Galactosemia.</li> <li>- Diabetes mellitus.</li> <li>- Hyperlipidemias.</li> <li>- Obesity.</li> </ul> </li> </ul>	
10.	<b>Nutrition in hospitals</b>	<ul style="list-style-type: none"> <li>▪ Integration of roles in patient nutrition.               <ul style="list-style-type: none"> <li>- The role of dietician.</li> <li>- Doctor's role.</li> <li>- Nursing role.</li> </ul> </li> <li>▪ Nutritional department.               <ul style="list-style-type: none"> <li>- Organization.</li> <li>- Function.</li> <li>- The relationship between nutritional department and nursing department.</li> </ul> </li> <li>▪ Common diets and its indications               <ul style="list-style-type: none"> <li>- Balanced diet.</li> <li>- Low caloric diet.</li> <li>- High protein diet.</li> <li>- Low protein diet.</li> <li>- Low salt and salt free diet.</li> <li>- Soft diet.</li> <li>- Low fiber diet.</li> <li>- Low fat die.</li> <li>- Gluten – free high fiber dit.</li> </ul> </li> <li>▪ Methods of patients feeding and role.               <ul style="list-style-type: none"> <li>- Oral.</li> <li>- Intravenous.</li> <li>- Other methods.</li> <li>- Nasogastric tube.</li> <li>- Gastric tube.</li> </ul> </li> <li>▪ Nutrition problems in hospital               <ul style="list-style-type: none"> <li>- Problems and barriers.</li> <li>- Suggested solutions.</li> </ul> </li> </ul>	

**Evaluation Strategies:**

Exams		Percentage	Date
1.	Mid Term Exam	50%	--/--/----
2.	Final Exam	50%	--/--/----

**Teaching Methodology:**

- ❖ Lecture. Discussion, Small and large group, Assignment, Case study.

**Text Books & References:**

1. nutrition & diet therapy , Kathryn Pinna & Linda Kelly , E- Book Publisher , 9th Edition , 2015
2. Human Nutrition & Dr .Hamed Tukrory. Dar Al feker , 3th Edition , 2013
3. Nutrition , Paul Insel & Don Ross , Dar Al kotub , Al Ardoni , Amman , 5th Edition , 2014
4. nNutrition Life Cycle, Sari Eldelstein, PhD, RD, Dar Alkutob Al Ordony, Amman, second edition, 2015

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