

PRINCIPLES OF DIETETICS

UNIT CODE: MED/CU/NUD/CR/06/5/A/A

Relationship to Occupational Standards

This unit addresses the unit of competency: apply dietetic principles

Duration of Unit: 100 hours

Unit Description

This unit specifies the competencies required apply dietetic principles. It involves demonstrating understanding of modified diets in the management of non-communicable and communicable diseases, management of malnutrition and micronutrient deficiencies of public health concerns, enteral and parenteral nutrition, surgery, trauma and burns management and palliative and hospice care. It also includes demonstrating understanding of nutrient-drug interactions.

Summary of Learning Outcomes

1. Identify terminologies in dietetics
2. Demonstrate understanding in diet modification for different conditions and diseases
3. Demonstrate understanding in enteral and parenteral nutrition
4. Demonstrate understanding in nutritional management of surgery, trauma, and burn
5. Demonstrate understanding of palliative and hospice care
6. Demonstrate understanding in nutrient drug interactions

Learning Outcomes, Content and Suggested Assessment Methods

Learning Outcome	Content	Suggested Assessment Methods
1. Identify terminologies in dietetics	<ul style="list-style-type: none">• Terminologies under dietetics• Description of normal and modified diets• Factors to consider when modifying a diet• Therapeutic modification of normal diet: modification in consistency; clear liquid diet, full liquid diet, thick liquid diet, blenderized/soft or light, their purpose, characteristics and indication.	<ul style="list-style-type: none">• Written .• Observation• Third party report• Oral questioning• Interviews
2. Demonstrate understanding of modified diets in the management of non-	<ul style="list-style-type: none">• Diet modifications in the management of CVDs, renal disorders, liver and gallbladder disorders, diabetes mellitus, hyperthyroidism, hypothyroidism, hyperkalemia,	<ul style="list-style-type: none">• Written .• Observation• Third party report• Oral questioning• Interviews

Learning Outcome	Content	Suggested Assessment Methods
communicable and communicable diseases	ketoacidosis, gout, arthritis and mental disorders purpose, characteristics and indication <ul style="list-style-type: none"> • Diet modification in the management of diarrhea, constipation, nausea and vomiting, hiatal hernia, diverticular disease, typhoid, malaria, burns, HIV and AIDS, cancers, food allergy and intolerances • Practical Production of modified diets 	
Demonstrate understanding in the management of malnutrition and micronutrient deficiencies of public health concerns	<ul style="list-style-type: none"> • Management of SAM, MAM, • Management of overweight and other eating disorders such as obesity, anorexia nervosa, bulimia nervosa and binge eating • Roles of nutrient supplements, and fortified foods in the management of micronutrient deficiencies of public health concerns 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews
4. Demonstrate understanding in enteral nutrition	<ul style="list-style-type: none"> • Meaning of terms in enteral nutrition indication for enteral nutrition, equipments used in enteral nutrition • Tube feeding/enteral nutrition routes: nasogastric, orogastric, nasoduodenal, nasojejunal, esophagostomy, gastrostomy and jejunostomy, tube feeding instructions, complications of tube feeding • Types of enteral formulas; standard formula, hydrolyzed formulas, enteral formula classifications 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews
5. Demonstrate understanding in parenteral nutrition	<ul style="list-style-type: none"> • Meaning of terms in parenteral nutrition indication for parenteral nutrition, equipments used in parenteral nutrition • Parenteral nutrition routes; Total Parenteral Nutrition (TPN), Peripheral Parenteral Nutrition (PPN) • Parenteral nutrition formulas; indications of tube feeding 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews • Practicals

Learning Outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> Administration of parenteral nutrition: all in one single bottle, chamber bags Copmlications of parenteral nutrition and their nutritional management 	
6. Demonstrate understanding in nutritional management of surgery, trauma, and burn	<ul style="list-style-type: none"> Meaning of terms in surgery, trauma and burns Burns; causes, classification and nutrition implications of burns, special concerns in burns, aims in nutrition management and dietary management based on TBSA/degree of burn Surgery; nutrition implications of surgery, pre-surgery nutrition, post surgery nutrition, nutrition support in various surgical conditions, rehabilitation post surgery 	<ul style="list-style-type: none"> Written . Observation Third party report Oral questioning Interviews
7. Demonstrate understanding of palliative and hospice care	<ul style="list-style-type: none"> Meaning of terms in palliative and hospice care Nutrition support during palliative and hospice care. 	<ul style="list-style-type: none"> Written . Observation Third party report Oral questioning Interviews
8. Demonstrate understanding in nutrient drug interactions	<ul style="list-style-type: none"> Meaning of terms in nutritint drug interactions Specific drug nutrient interactions with nutrition implications 	<ul style="list-style-type: none"> Written . Observation Third party report Oral questioning Interviews

Suggested Methods of Instruction

- Projects
- Demonstration by trainer
- Practice by the trainee
- Discussions
- Direct instruction

Recommended Resources

- WHO guidelines
- MOH
- Ministry of Education
- Skills lab

- Use of LCDs, video clips, charts and other teaching aids
- Invitation of competent expertise
- Computers with internet
- Library and resource centre

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