

DIET THERAPY I

UNIT CODE: MED/CU/NUD/CR/08/6/A

Relationship to Occupational Standards

This unit addresses the unit of competency: provide diet therapy

Duration of Unit: 80 hours

Unit Description

This unit covers the unit of competency provide diet therapy in diseases states. involving GIT disorders; diarrhoea, nausea and vomiting, constipation, peptic ulcers, gastritis, diverticular disease, hiatal hernia, celiac disease. Febrile disorders; malaria, pneumonia, coughs, TB, measles and cancers.

Summary of Learning Outcomes

1. Identify terminologies in diet therapy I
2. Demonstrate understanding in nutrition management of GIT disorders
3. Demonstrate understanding in nutrition management of the respiratory and febrile disorders
4. Demonstrate understanding in nutritional management of cancers
5. Demonstrate understanding in nutritional management of HIV and AIDS
6. Demonstrate understanding in nutritional management of childhood disorders

Learning Outcomes, Content and Suggested Assessment Methods

Learning Outcome	Content	Suggested Assessment Methods
1. Identify terminologies in diet therapy	<ul style="list-style-type: none">• Meaning of diet therapy• Relationship between nutrition and disease• Roles of nutrition in the management of disease• Diet planning principles• Objectives of diet therapy	<ul style="list-style-type: none">• Written .• Observation• Third party report• Oral questioning• Interviews
2. Demonstrate understanding in nutrition management of GIT disorders	<ul style="list-style-type: none">• Meaning of terms in GIT disorders• Disorders of the upper GIT; nausea and vomiting, esophagitis, reflux esophagitis,• Disorders of the lower GIT; peptic ulcers, bloating, constipation, indigestion,	<ul style="list-style-type: none">• Written .• Observation• Third party report• Oral questioning• Interviews

Learning Outcome	Content	Suggested Assessment Methods
	gastritis, diverticulosis, hital hernia, diarrhea, steatorrhea, Inflammatory bowel syndrom <ul style="list-style-type: none"> • Nutritional management of GIT disorders 	
3. Demonstrate understanding in nutrition management of the respiratory and febrile disorders	<ul style="list-style-type: none"> • Meaning of terms in respiratory disorders and nutrition management of allergies • Disorders of upper and lower respiratory tract; acute rhinitis, coughps, bronchitis, nutrition management of these disorders • Acute febrile disorders; malaria, typhoid, measles,pneumonia, and TB, nutrition management of these diseases 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews
4. Demonstrate understanding in nutritional management of cancers	<ul style="list-style-type: none"> • Meaning of terms • Pathophysiology in cancers • Types of cancers • Etiology of cancers • Cancer treatment and nutrition implications • Nutritional management of cancers 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews
5. Demonstrate understanding in nutritional management of HIV and AIDS	<ul style="list-style-type: none"> • Meaning of terms; transmission of HIV, stages in HIV/HIV progression • Relationship between malnutrition and HIV and AIDS, roles of nutrition in management of HIV and AIDS • Nutritional management of opportunistic infections • Infant and young child feeding in the context of HIV and AIDS • Nutritent drug interactions in ART 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews

Learning Outcome	Content	Suggested Assessment Methods
6. Demonstrate understanding in nutritional management of childhood disorders	<ul style="list-style-type: none"> • Meaning of terms • Autism and ADHD • Cerebral palsy • Down syndrome • Epilepsy • Nutritional management of childhood disorders 	<ul style="list-style-type: none"> <input type="checkbox"/> Written . <input type="checkbox"/> Observation <input type="checkbox"/> Third party report <input type="checkbox"/> Oral questioning <input type="checkbox"/> Interviews

Suggested Methods of Delivery

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

Recommended Resources

1. WHO guidelines
2. MOH
3. Ministry of Education
4. Skills lab
5. Use of LCDs, video clips, charts and other teaching aids
6. Invitation of competent expertise
7. Computers with internet
8. Library and resource centre