

DIET THERAPY II

UNIT CODE: MED/CU/NUD/CR/09/6/A

Relationship to Occupational Standards

This unit addresses the unit of competency:

Duration of Unit: 80 hours

Unit Description

This unit covers the competencies required to provide diet therapy II. It includes, identifying terminologies in diet therapy II, demonstrating understanding in nutritional management of CVDs, demonstrating understanding in nutritional management of the renal disorders, demonstrating understanding in nutritional management of liver and gallbladder disorders, demonstrating understanding in nutritional management of metabolic disorders and demonstrating understanding in nutritional management of mental and mood disorders.

Summary of Learning Outcomes

1. Identify terminologies in diet therapy II
2. Demonstrate understanding in nutritional management of CVDs
3. Demonstrate understanding in nutritional management of the renal disorders
4. Demonstrate understanding in nutritional management of liver and gallbladder disorders
5. Demonstrate understanding in nutritional management of metabolic disorders
6. Demonstrate understanding in nutritional management of mental and mood 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• 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 CVDs	<ul style="list-style-type: none">• Meaning of terms in CVDs• CVD disorders; Artherosclerosis, stroke, hypertension, myocardial	<ul style="list-style-type: none">• Written .• Observation• Third party report

Learning Outcome	Content	Suggested Assessment Methods
	<p>infarction, angina pectoris, deep vein thrombosis</p> <ul style="list-style-type: none"> • Nutritional management of CVDs 	<ul style="list-style-type: none"> • Oral questioning • Interviews
3. Demonstrate understanding in nutrition management of the renal disorders	<ul style="list-style-type: none"> • Meaning of terms in renal disorders • Renal disorders and pathophysiology; glomerulonephritis, nephrotic syndrome, kidney stones AKD, CKD, kidney failure • Nutritional amangement of renal disorders 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews
4. Demonstrate understanding in nutritional management of liver and gallbladder disorders	<ul style="list-style-type: none"> • Meaning of terms in liver and gallbladder disorders • Liver and gallbladder disease and their pathophysiology; jondice, liver encephalopathy, hepatitis, alcoholic liver disease, liver cirrhosis, gallbladder disease, disease of the pancrease • Nutritional management of liver and gallbladder disorders 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews
5. Demonstrate understanding in nutritional management of metabolic disorders	<ul style="list-style-type: none"> • Meaning of terms in metabolic disorders • Metabolic disorder and their pathophysiology • Nutritional management of metabolic disorders 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews
6. Demonstrate understanding in nutritional management of mental and mood disorders	<ul style="list-style-type: none"> • Meaning of terms in mental and mood disorders • Mental and mood disorder and their pathophysiology; schizophrenia, bipolar, depression anxiety disorders, postrauma stress (PTSD) disorders. • Nutritional management of mental and mood disorders 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • Interviews

Learning Outcome	Content	Suggested Assessment Methods
7. Demonstrate understanding in nutritional management of degenerative disorders	<ul style="list-style-type: none"> • Meaning of terms in degenerative disorders • Rheumatic disorders, their pathophysiology and nutritional management • Gout, its pathophysiology and nutritional management • Osteoporosis its pathophysiology and nutritional management • Dementia, alzheimer's, pakinson's disease their pathophysiology and nutritional management 	<ul style="list-style-type: none"> • Written . • Observation • Third party report • Oral questioning • 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

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