

## DIETETICS

**UNIT CODE:** MED/CU/NUD/CR/10/6/A

### Relationship to Occupational Standards

This unit addresses the unit of competency: perform dietetics operations

**Duration of Unit:** 210 hours

### Unit Description

This unit covers the competencies required to perform dietetics operations. It includes identifying terminologies in dietetics, demonstrating understanding of modified diets, demonstrating understanding in enteral nutrition, demonstrating understanding in parenteral nutrition, demonstrating understanding in nutritional management of surgery, trauma, and burn, demonstrating understanding of palliative and hospice care and demonstrating understanding in 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"><li>• Terminologies under dietetics</li><li>• Description of normal and modified diets</li></ul>	<ul style="list-style-type: none"><li>• Written .</li><li>• Observation</li><li>• Third party report</li><li>• Oral questioning</li><li>• Interviews</li></ul>
2. Demonstrate understanding of modified diets	<ul style="list-style-type: none"><li>• Factors to consider when modifying a diet</li><li>• Therapeutic modification of normal diet: modification in consistency; clear liquid diet, full liquid diet, thick liquid diet,</li></ul>	<ul style="list-style-type: none"><li>• Written .</li><li>• Observation</li><li>• Third party report</li></ul>

Learning Outcome	Content	Suggested Assessment Methods
	<p>blenderrilizrd/soft or light, their purpose, characteristics and indication.</p> <ul style="list-style-type: none"> <li>• Modification in fiber content; high fiber diet, low fiber diet or fiber restricted diet, their purpose, characteristics and indication</li> <li>• Modification in energy: high energy diet, calorie restricted diet, their purpose, characteristics and indication</li> <li>• Modification in one or more nutrients; fat restricted diet, sodium restricted, low protein, high protein bland diet. Their purpose, characteristics and indication</li> <li>• Exclusion of certain foods from the diet in alleegic conditions, increasing frequency of feeding</li> </ul>	<ul style="list-style-type: none"> <li>• Oral questioning</li> <li>• Interviews</li> </ul>
<p>3. Demonstrate understanding in enteral nutrition</p>	<ul style="list-style-type: none"> <li>• Meaning of terms in enteral nutrition indication for enteral nutrition, equipments used in enteral nutrition</li> <li>• Tube feeding/enteral nutrition routes: nasogastric, orogastric, nasodoudenal, nasojejunal, esophagastomy, gastrostomy and jejunostomy, tube feeding instructions, complications of tube feeding</li> <li>• Types of enteral formulars; standard formula, hydrolized formularrders, enteral formular classifications</li> </ul>	<ul style="list-style-type: none"> <li>• Written .</li> <li>• Observation</li> <li>• Third party report</li> <li>• Oral questioning</li> <li>• Interviews</li> </ul>

Learning Outcome	Content	Suggested Assessment Methods
4. Demonstrate understanding in parenteral nutrition	<ul style="list-style-type: none"> <li>• Meaning of terms in parenteral nutrition indication for parenteral nutrition, equipments used in parenteral nutrition</li> <li>• Parenteral nutrition routes; Total Parenteral Nutrition(TPN), Peripheral Parentreal Nutrition (PPN)</li> <li>• Parenteral nutrition formulars; lications of tube feeding</li> <li>• Administration of parenteral nutrition: all in one single bottle, chmber bags</li> <li>• Copmlications of parenteral nutrition and their nutritional management</li> </ul>	<ul style="list-style-type: none"> <li>• Written .</li> <li>• Observation</li> <li>• Third party report</li> <li>• Oral questioning</li> <li>• Interviews</li> <li>• Practicals</li> </ul>
5. Demonstrate understanding in nutritional management of surgery, trauma, and burn	<ul style="list-style-type: none"> <li>• Meaning of terms in surgry, trauma and burns</li> <li>• 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</li> <li>• Surgery; nutrition implications of surgery, pre-surgery nutrition, post surgery nutrition, nutrition support in various surgical conditions, rehabilitation post surgery</li> </ul>	<ul style="list-style-type: none"> <li>• Written .</li> <li>• Observation</li> <li>• Third party report</li> <li>• Oral questioning</li> <li>• Interviews</li> </ul>
6. Demonstrate understanding of palliative and hospice care	<ul style="list-style-type: none"> <li>• Meaning of terms in palliative and hospice care</li> <li>• Nutrition support during palliative and hospice care.</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Written .</li> <li>• Observation</li> <li>• Third party report</li> <li>• Oral questioning</li> <li>• Interviews</li> </ul>

Learning Outcome	Content	Suggested Assessment Methods
7. Demonstrate understanding in nutrient drug interactions	<ul style="list-style-type: none"> <li>• Meaning of terms in nutritint drug interactions</li> <li>• Specific drug nutrient interactions with nutrition implications</li> </ul>	<ul style="list-style-type: none"> <li>• Written .</li> <li>• Observation</li> <li>• Third party report</li> <li>• Oral questioning</li> <li>• Interviews</li> </ul>

#### **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 compeptent expertise
7. Computers with internet
8. Library and resource centre