

16.1.0 DIET THERAPY I

16.1.1 Introduction

This module unit is intended to equip the trainee with knowledge, skills and attitudes to enable him/her manage diseases and disorders using diet.

16.1.2 General Objectives

By the end of the module unit, the trainee should be able to:

- apply diet therapy in management of diseases and disorders
- discuss the need of special diet in management of diseases and disorders
- discuss the role of special feeding methods in managing diseases and disorders
- apply diet planning in management of diseases and disorders
- discuss drug nutrient interactions in management of diseases and disorders

16.1.3 Module Unit Summary and Time Allocation

Code	Sub Module Unit	Content	Time (Hours)		
			T	P	Total
16.1.01	Introduction to Diet Therapy	<ul style="list-style-type: none">Meaning of termsImportance of diet therapyRelationship between nutrition and infectionNutrition care teamRoles of a nutritionist and dieticianNutrition care process	2	2	4
16.1.02	Diet Modification	<ul style="list-style-type: none">Principles of diet modificationImportance of diet modificationFactors influencing diet modificationCategories of diet modificationTypes of therapeutic dietsChallenges of diet modification	3	3	6
16.1.03	Nutrition Supplements, Functional Foods and	<ul style="list-style-type: none">Nutrition supplementsFunctional foodsNutraceuticals	2	2	5

Code	Sub Module Unit	Content	Time (Hours)		
			T	P	Total
	Nutraceuticals				
16.1.04	Nutrition Support	<ul style="list-style-type: none"> • Meaning of terms • Rationale of nutrition support • Special feeding methods • Formulation of specialized feeds • Administration of specialized foods • Signs and symptoms of acceptance in special feeding • Complications in supportive feeding 	4	4	8
16.1.05	Drug Nutrient Interaction	<ul style="list-style-type: none"> • Meaning of terms used • Effects of drugs on food and nutrients • Effects of food and nutrients on drugs 	2	2	4
16.1.06	Diet Planning	<ul style="list-style-type: none"> • Meaning of terms • Principles of diet planning • Food composition tables in diet planning • Food exchange lists • Food guide pyramid • Diet formulation 	3	4	7
16.1.07	Weight Management	<ul style="list-style-type: none"> • Meaning of terms • Underweight, Overweight and Obesity • Weight management 	3	3	6
16.1.08	Diseases and Disorders of the Gastrointestinal Tract (GIT)	<ul style="list-style-type: none"> • Types of GIT disorders and diseases • Signs and symptoms • Diet modification 	4	4	8
16.1.09	Inborn errors of Metabolism, Allergies and Intolerances	<ul style="list-style-type: none"> • Inborn errors of metabolism • Food allergies • Food intolerances 	4	4	8
16.1.10	Nutrition Therapy in Diseases of Infancy and	<ul style="list-style-type: none"> • Hospitalized children • Low birth weight infants • Failure to thrive 	4	4	8

Code	Sub Module Unit	Content	Time (Hours)		
			T	P	Total
	Childhood	<ul style="list-style-type: none"> • Colic • Functional infant vomiting • Constipation and diarrhea • Cleft lip and palate 			
AI11	Emerging Issues and Trends	<ul style="list-style-type: none"> • Emerging trends • Challenges • Coping with challenges 	1	1	2
Total			32	33	66

16.1.01 INTRODUCTION TO DIET THERAPY

16.1.01C **Competence**
The trainee should have the ability to identify steps in nutritional care process

Theory

- 16.1.01T0 *Specific Objectives*
By the end of the of the sub module unit the trainee should be able to:
- a) explain terms
 - b) discuss the importance of diet therapy
 - c) explain the relationship between nutrition and infection
 - d) identify the nutrition care team
 - e) describe the roles of a nutritionist and dietician
 - f) explain the nutrition care process

Content

- 16.1.01T1 Meaning of terms
- 16.1.01T2 Importance of diet therapy
- 16.1.01T3 Relationship between nutrition and infection
- 16.1.01T4 Nutrition care team
- 16.1.01T5 Roles of a nutritionist and dietician
- 16.1.01T6 Nutrition care process

Practice

- 16.1.01P0 *Specific Objectives*
By the end of the sub module unit, the trainee should be able to:
- a) identify the members of nutritional care team
 - b) role play the roles of nutritional care team
 - c) analyse the steps of nutrition care process

Content

- 16.1.01P1 Identifying the members of nutritional care team
- 16.1.01P2 Role playing the roles of nutritional care team
- 16.1.01P3 Analysing the steps of nutrition care process

16.1.02 **DIET MODIFICATION**

16.1.02C **Competence**
The trainee should have the ability to carry out diet modification for various conditions

Theory

- 16.1.02T0 *Specific Objectives*
By the end of the of the sub module unit, the trainee should be able to:
- a) explain principles of diet modification
 - b) discuss the importance of diet modification
 - c) discuss factors influencing diet modification

- d) explain categories of diet modification
- e) describe types of therapeutic diets
- f) discuss the challenges of diet modification

Content

- 16.1.02T1 Principles of diet modification
- 16.1.02T2 Importance of diet modification
- 16.1.02T3 Factors influencing diet modification
- 16.1.02T4 Categories of diet modification
 - i) qualitative modification
 - ii) quantitative modification
- 16.1.02T5 Types of therapeutic diets
- 16.1.02T6 Challenges of diet modification

Practice

- 16.1.02P0 *Specific Objective*
By the end of the sub module unit, the trainee should be able to modify diets

Content

- 16.1.02P1 Diet modification

NUTRITION SUPPLEMENTS, FUNCTIONAL FOODS AND NUTRACEUTICALS

16.1.03C

Competence

The trainee should have the ability to identify the role of nutritional

supplements, functional foods and nutraceuticals in diet therapy

Theory

- 16.1.03T0 *Specific Objectives*
By the end of the sub module unit, the trainee should be able to:
 - a) explain nutrition supplements
 - b) discuss functional foods
 - c) describe nutraceuticals

Content

- 16.1.03T1 Nutrition supplements
- 16.1.03T2 Functional foods
- 16.1.03T3 Nutraceuticals

Practice

- 16.1.03P0 *Specific Objective*
By the end of the sub module unit, the trainee should be able to administer nutrition supplements

Content

- 16.1.03P1 Administering nutrition supplements

16.1.04 NUTRITION SUPPORT

- 16.1.04C **Competence**
The trainee should have the ability to offer nutritional support

Theory

- 16.1.04T0 *Specific Objectives*
By the end of sub-module unit, the trainee should be able to:
- explain terms
 - explain the rationale of nutrition support
 - describe special feeding methods
 - describe formulation of specialized feeds
 - explain administration of specialized feeds
 - describe signs and symptoms of acceptance in special feeding
 - discuss complications in supportive feeding

Content

- 16.1.04T1 Meaning of terms
16.1.04T2 Rationale of nutrition support
16.1.04T3 Special feeding methods
i) enteral feeding
ii) parenteral feeding
16.1.04T4 Formulation of specialized feeds
16.1.04T5 Administration of specialized feeds
16.1.04T6 Signs and symptoms of acceptance in special feeding
16.1.04T7 Complications in supportive feeding

Practice

- 16.1.04P0 *Specific Objectives*
By the end of the sub-module unit, the trainee should be able to:
- formulate special feeds
 - administer special feeds

Content

- 16.1.04P1 Formulation of specialized feed
16.1.04P2 Administer special feeds

16.1.05 DRUG-NUTRIENT INTERACTION

16.1.05C

Competence

The trainee should have the ability to advice on drug nutrient interaction

Theory

- 16.1.05T0 *Specific Objectives*
By the end of the sub-module unit, the trainee should be able to:
- explain terms
 - discuss effects of drugs on foods and nutrients
 - discuss effects of food and nutrients on drugs

Content

- 16.1.05T1 Meaning of terms
16.1.05T2 Effects of drugs on food and nutrients
16.1.05T3 Effects of food and nutrients on drugs

Practice

16.1.05P0 *Specific Objective*
By the end of the sub module unit, the trainee should be able to advice on drug nutrient interaction

16.1.05P1 *Content*
Advice on drug nutrient interaction

16.1.06 **DIET PLANNING**

16.1.06C **Competence**
The trainee should have the ability to plan diets

Theory

16.1.06T0 *Specific Objectives*
By the end of the of this sub module unit, the trainee should be able to:

- a) explain meaning of terms
- b) explain principles of diet planning
- c) discuss use of food composition tables in diet planning
- d) describe food exchange lists
- e) describe the food guide pyramid
- f) describe diet formulation

51.06T1 *Content*
Meaning of terms

51.06T2 Principles of diet planning

51.06T3 Food composition tables in diet planning

16.1.06T4 Food exchange lists

16.1.06T5 Food guide pyramid

16.1.06T6 Diet formulation

Practice

16.1.06P0 *Specific Objectives*
By the end of the of the sub module unit, the trainee should be able to:

- a) use food composition tables in diet planning
- b) use food exchange lists to determine nutrients requirements
- c) plan meals using food guide pyramid

Content

16.1.06P1 Using food composition tables in diet planning

16.1.06P2 Using food exchange lists to determine nutrients requirements

16.1.06P3 Planning meals using food guide pyramid

16.1.07 **WEIGHT MANAGEMENT**

16.1.07C **Competence**
The trainee should have the ability to modify diets for weight management

Theory

16.1.07T0 *Specific Objectives*
By the end of the sub module unit, the trainee should be able to:

- a) explain meaning of terms
- b) discuss underweight, overweight and obesity
- c) describe weight management

Content

- 16.1.07T1 Meaning of terms
- 16.1.07T2 Underweight, overweight and obesity
- 16.1.07T3 Weight management

Practice

- 16.1.07P0 *Specific Objective*
By the end of the sub module unit, the trainee should be able to formulate weight management diets

Content

- 16.1.07P1 Formulating weight management diets

16.1.08 DISEASES AND DISORDERS OF THE GASTROINTESTINAL TRACT (GIT)

- 16.1.08C Competence**
The trainee should have the ability to manage GIT disorders through nutrition

Theory

- 16.1.08T0 *Specific Objectives*
By the end of the of the sub module unit the trainee should be able to:

- a) identifying GIT diseases and disorders
- b) describe signs and symptoms of GIT disorders
- c) discuss diet modification for GIT disorders

Content

- 16.1.08T1 Types of GIT diseases and disorders
 - i) diseases and disorders of the mouth
 - ii) diseases and disorders of the oesophagus
 - iii) diseases and disorders of the stomach
 - iv) diseases and disorders of the small intestines
 - v) diseases and disorders of the large intestines

- 16.1.08T2 Signs and symptoms
- 16.1.08T3 Diet modification for GIT disorders

Practice

- 16.1.08P0 *Specific Objective*
By the end of the sub module unit, the trainee should be able to formulate diets for management of GIT diseases and disorders

Content

- 16.1.08P1 Formulating diet for management of GIT diseases and disorders

16.1.09 **INBORN ERRORS OF METABOLISM, ALLERGIES AND INTOLERANCES**

16.1.09C **Competence**
The trainee should have the ability to manage inborn errors of metabolism, allergies and intolerances

Theory

16.1.09T0 *Specific Objectives*
By the end of the sub module unit, the trainee should be able to:
a) discuss inborn errors of metabolism
b) explain food allergies
c) explain food intolerances

Content

- 16.1.09T1 Inborn errors of metabolism
- 16.1.09T2 Food allergies
- 16.1.09T3 Food intolerances

Practice

16.1.09P0 *Specific Objective*
By the end of the sub module unit, the trainee should be able to manage inborn errors of metabolism, food allergies and intolerances

16.1.09P1 *Content*
Management of inborn errors of metabolism, allergies and intolerances

16.1.10 **NUTRITION THERAPY IN DISEASES OF INFANCY AND CHILDHOOD**

16.1.10C **Competence**
The trainee should have the ability to offer nutrition therapy in diseases of infancy and childhood

Theory

16.1.10T0 *Specific Objectives*
By the end of the sub module unit, the trainee should be able to:
a) identify hospitalized children
b) discuss low birth weight infants
c) explain failure to thrive
d) explain colic
e) discuss functional infant vomiting
f) explain constipation and diarrhea
g) discuss cleft lip and palate

Content

- 16.1.10T1 Hospitalized children
- 16.1.10T2 Low birth weight infants
- 16.1.10T3 Failure to thrive
- 16.1.10T4 Colic
- 16.1.10T5 Functional infant vomiting
- 16.1.10T6 Constipation and diarrhea
- 16.1.10T7 Cleft lip and palate

	Practice	16.1.11T3	Ways of coping with challenges posed by the emerging trends
16.1.10P0	<i>Specific Objective</i> By the end of the sub module unit, the trainee should be able to offer nutrition therapy in diseases of infancy and childhood		
	<i>Content</i>		
16.1.10P1	Management of diseases of infancy and childhood	16.1.11P0	<i>Specific Objective</i> By the end of the sub module unit, the trainee should be able to develop strategies to address emerging trends and issues
16.1.11	EMERGING ISSUES AND TRENDS	16.1.11P1	<i>Content</i> Strategies addressing emerging issues and trends
16.1.11C	Competence The trainee should have the ability to identify emerging issues and develop strategies to address them		<i>Suggested Teaching/ Learning Resources</i> - Manuals - Samples - Text books - Internet - Journals - Feed samples - Resource persons
	Theory		
16.1.11T0	<i>Specific Objectives</i> By the end of the sub module unit, the trainee should be able to: a) discuss the emerging trends b) discuss the challenges posed by the emerging trends and issues c) explain ways of coping with challenges		<i>Suggested Teaching/ Learning Activities</i> - Discussions - Demonstrations - Practical exercises - Presentations - Role play - Brainstorming - Hospital visit - Use of samples - Field study - Simulations
	<i>Content</i>		
16.1.11T1	Emerging trends and issues		
16.1.11T2	Challenges posed by the emerging trends		