



**Children's University
School of Nutrition and Health
Department of Home Science
Gandhinagar.**

**ACADEMIC
YEAR
2020-2021**

P.G.Diploma in Nutrition and Dietetics

Year	II	Course Type: Core Compulsory Course No: CCFN 401 Course Title: Clinical Therapeutic Nutrition	Credits	4
Semester	IV		Hours/wk	4
Objectives		<ol style="list-style-type: none"> 1. The course is aimed at giving advanced knowledge in the field of clinical nutrition and dietetics 2. The course will enable the students to gain current knowledge about classification, pathogenesis, diagnosis, etiology, symptoms and dietetic management of various diseases 		
COURSE CONTENT / SYLLABUS- Practical				
Unit I	Dietary Management <ul style="list-style-type: none"> ●Weight Imbalance -Prevalence and Classification <ul style="list-style-type: none"> • Guidelines for Calculating ideal Body Weight • Obesity and underweight ●Nutrient and Drug Interaction: Basic Concept <ul style="list-style-type: none"> • Effect of Nutrition on Drugs • Drug Effects on Nutritional Status • Drug and Drug Interaction • Clinical Significance and Risk Factors for Drug-Nutrient Interactions • Guidelines to Lower Risk and Wise Use of Drugs ●Gastrointestinal Diseases and Disorders <ul style="list-style-type: none"> • Diarrhoea • Constipation • Oesophagitis • Gastro Oesophageal Reflux Disease (GERD) • Dyspepsia • Gastritis • Diverticular Disease • Peptic Ulcer • Malabsorption Syndrome' 			
Unit II	Dietary Management in Gout and Diabetes Mellitus <ul style="list-style-type: none"> ●Gout <ul style="list-style-type: none"> • Role of Protein and Purines • Etiology • Clinical Features and Complications • Management of Gout ●Diabetes Mellitus <ul style="list-style-type: none"> • Prevalence of Diabetes Mellitus • Classification and Etiology of Diabetes • Factors Affecting Normal Blood Sugar Levels • Diagnosis • Complications of Diabetes ●Management of Diabetes 			

	<ul style="list-style-type: none"> • Management of Diet • Food Exchange System • Glycemic Index (GI) • Sweeteners: Nutritive and Non-Nutritive Sweeteners • Dietetic Foods • Beneficial Effect of Some Foods: Supportive Therapy • Exercise and Drugs
Unit III	<p>Coronary Heart Diseases and their Management</p> <ul style="list-style-type: none"> • Coronary Heart Diseases (CHD) <ul style="list-style-type: none"> • Prevalence • Etiology: Cardiovascular Risk Factors • Pathophysiology of CHD • Common Disorders of Coronary Heart Diseases and their Management <ul style="list-style-type: none"> • Dyslipidemia • Atherosclerosis : A Coronary Artery Disease • Hypertension (HT) • Angina Pectoris • Myocardial infarction (MI) • Congestive Cardiac Failure • Rheumatic Heart Disease (RH-CD)
Unit IV	<p>Dietary Management in Liver and Renal Diseases</p> <ul style="list-style-type: none"> • Liver disorders <ul style="list-style-type: none"> • Viral hepatitis types A and B, C,E • Cirrhosis of liver • Hepatic coma • Kidney Function: Diagnostic Tests <ul style="list-style-type: none"> • Common Renal Diseases Etiology and Dietary Management • General Principle of Dietary Management in Renal Diseases • Acute and Chronic Nephritis • Nephritic Syndrome • Acute Renal Failure (ARF) • Chronic Renal Failure(CRF) • End Stage Renal Disease, (ESRD) and Renal Calculi
References	
<ol style="list-style-type: none"> 1. Mahan KL and Stump SE (2007). Krause's Food and Nutrition Therapy (12th ed.). Saunders Publishing 2. B Srilakshmi. Dietetics. New age international publishers. 3. Association of Physicians of India (1998). API Textbook of Medicine, Vol. I and II. Published by Association of Physicians of India 4. Dr (smt.) Vijaya d. Joshi Handbook of nutrition and dietetics. Vora medical publications, Bombay 5. Avantina Sharma Principles of therapeutic nutrition and dietetics 	
Journals	
<ol style="list-style-type: none"> 1. Indian Journal of Nutrition and Dietetics. 2. Medical Clinics of North America 3. American Journal of Clinical Nutrition 	

4. Journal of Human Nutrition
5. Journal of American Medical Association
6. Journal of Ph. Diet. Assoc.
7. Nutrition Reviews
8. World Review of Nutrition and Dietetics.