



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

**ACADEMIC  
YEAR  
2020-2021**

**P.G.Diploma in Nutrition and Dietetics**

<b>Year</b>	<b>I</b>	<b>Course Type: Core Compulsory</b>	<b>Credits</b>	<b>4</b>
		<b>Course No: NDC 202</b>		
		<b>Course Title: Dietetics &amp; Diet Counseling</b>		
<b>Semester</b>	<b>II</b>		<b>Hours/wk</b>	<b>4</b>
<b>Objectives</b>		<ol style="list-style-type: none"> <li>1. The course is aimed at giving advanced knowledge in the field of clinical nutrition and dietetics</li> <li>2. The course will enable the students to gain current knowledge about classification, pathogenesis, diagnosis, etiology, symptoms and dietetic management of various diseases</li> </ol>		
<b>COURSE CONTENT / SYLLABUS- Practical</b>				
<b>Unit I</b>	<p><b>Concept of Dietetics and Dietary Management in GI Disorders</b></p> <ul style="list-style-type: none"> <li>•The dietitian <ul style="list-style-type: none"> <li>• Nutrition and diet clinics.,</li> <li>• Classification of dietician</li> <li>• Responsibility of specific Dieticians</li> <li>• Patients check up and counselling,</li> <li>• Education of the patient and follow- up.</li> <li>• Indian Dietetic Association</li> </ul> </li> <li>•Nutrient and Drug Interaction: Basic Concept <ul style="list-style-type: none"> <li>• Effect of Nutrition on Drugs</li> <li>• Drug Effects on Nutritional Status</li> <li>• Drug and Drug Interaction</li> <li>• Clinical Significance and Risk Factors for Drug-Nutrient Interactions</li> <li>• Guidelines to Lower Risk and Wise Use of Drugs</li> </ul> </li> <li>•Gastrointestinal Diseases and Disorders <ul style="list-style-type: none"> <li>• Diarrhoea</li> <li>• Constipation</li> <li>• Oesophagitis</li> <li>• Gastro Oesophageal Reflux Disease (GERD)</li> <li>• Dyspepsia</li> <li>• Gastritis</li> <li>• Diverticular Disease</li> <li>• Peptic Ulcer</li> <li>• Malabsorption Syndrome'</li> </ul> </li> </ul>			

<p><b>Unit II</b></p>	<p><b>Dietary Management in Gout and Diabetes Mellitus</b></p> <ul style="list-style-type: none"> <li>•Gout <ul style="list-style-type: none"> <li>• Role of Protein and Purines</li> <li>• Etiology</li> <li>• Clinical Features and Complications</li> <li>• Management of Gout</li> </ul> </li> <li>•Diabetes Mellitus <ul style="list-style-type: none"> <li>• Prevalence of Diabetes Mellitus</li> <li>• Classification and Etiology of Diabetes</li> <li>• Factors Affecting Normal Blood Sugar Levels</li> <li>• Diagnosis</li> <li>• Complications of Diabetes</li> </ul> </li> <li>•Management of Diabetes <ul style="list-style-type: none"> <li>• Management of Diet</li> <li>• Food Exchange System</li> <li>• Glycemic Index (GI)</li> <li>• Sweeteners: Nutritive and Non-Nutritive Sweeteners</li> <li>• Dietetic Foods</li> <li>• Beneficial Effect of Some Foods: Supportive Therapy</li> <li>• Exercise and Drugs</li> </ul> </li> </ul>
<p><b>Unit III</b></p>	<p><b>Coronary Heart Diseases and their Management</b></p> <ul style="list-style-type: none"> <li>• Coronary Heart Diseases (CHD) <ul style="list-style-type: none"> <li>• Prevalence</li> <li>• Etiology: Cardiovascular Risk Factors</li> <li>• Pathophysiology of CHD</li> </ul> </li> <li>• Common Disorders of Coronary Heart Diseases and their Management <ul style="list-style-type: none"> <li>• Dyslipidemia</li> <li>• Atherosclerosis : A Coronary Artery Disease</li> <li>• Hypertension (HT)</li> <li>• Angina Pectoris</li> <li>• Myocardial infarction (MI)</li> <li>• Congestive Cardiac Failure</li> <li>• Rheumatic Heart Disease (RHD)</li> </ul> </li> </ul>
<p><b>Unit IV</b></p>	<p><b>Dietary Management in Liver and Renal Diseases</b></p> <ul style="list-style-type: none"> <li>• Liver disorders <ul style="list-style-type: none"> <li>• Viral hepatitis types A and B, C,E</li> <li>• Cirrhosis of liver</li> <li>• Hepatic coma</li> </ul> </li> <li>• Kidney Function: Diagnostic Tests <ul style="list-style-type: none"> <li>• Common Renal Diseases Etiology and Dietary Management</li> <li>• General Principle of Dietary Management in Renal Diseases</li> <li>• Acute and Chronic Nephritis</li> <li>• Nephritic Syndrome</li> <li>• Acute Renal Failure (ARF )</li> <li>• Chronic Renal Failure(CRF)</li> <li>• End Stage Renal Disease, (ESRD) and Renal Calculi</li> </ul> </li> </ul>

#### References

1. Mahan KL and Stump SE (2007). Krause's Food and Nutrition Therapy (12thed.).Saunders Publishing
2. B Srilakshmi. Dietetics. New age international publishers.
3. Association of Physicians of India (1998). API Textbook of Medicine, Vol. I andII. Published by Association of Physicians of India
4. Dr(smt.) Vijaya d. JoshiHandbook of nutrition and dietetics.Vora medical publications, Bombay
5. AvantinaSharma Principles of therapeutic nutrition and dietetics

#### Journals

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.