



**SARDAR PATEL UNIVERSITY**  
Vallabh Vidyanagar, Gujarat  
(Reaccredited with 'A' Grade by NAAC (CGPA 3.25)  
Syllabus with effect from the Academic Year 2021-2022

**P.G.Diploma in Dietetics**  
**Semester-II**

Course Code	PH2CPGDD53	Title of the Course	Medical Nutrition Therapy-II
Total Credits of the Course	04	Hours per Week	04

Course Objectives	<ul style="list-style-type: none"><li>• Understand the etiology, physiologic and metabolic anomalies of acute and chronic diseases and patient needs.</li><li>• Know the effect of the various diseases on nutritional status and nutritional and dietary requirements.</li><li>• Be able to recommend appropriate nutritional care for prevention / and treatment of the various diseases.</li></ul>
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Course content		
Unit	Description	Weightage %
1	<p><b>Diseases of Circulatory system</b></p> <p><b>(A) Hypertension:</b></p> <ul style="list-style-type: none"><li>- Types, role of diet in the management of various types of hypertension</li><li>- Consequences &amp; complications of hypertension including cerebro vascular diseases</li><li>- Role of diet in management of hypertension &amp; its complication</li><li>- Non pharmacologic treatments like life style changes, behavior modification, yoga, meditation &amp; others in control of hypertension</li><li>- Use of salt alternatives, their composition &amp; control, indications &amp; long term effects of regular consumption</li></ul> <p><b>(B) Coronary heart disorders / Ischemic heart disease:</b></p> <ul style="list-style-type: none"><li>Heart function, tests &amp; their interpretations</li><li>- Hyperlipidemias: Types, classification, role of diet in the management of various types of hyperlipidemias, non pharmacologic treatment aiding diet</li></ul>	20%



	<p>therapy like exercise, life style changes</p> <p>Atherosclerosis: Types &amp; risk factors, role of diet, diet after bypass surgery &amp; heart attacks, prevention — control of risk factors &amp; life style changes</p>	
2	<p><b>Diabetes Mellitus &amp; Hypoglycemia</b>  <b>(A) Diabetes Mellitus</b>  - Types / classification, symptoms &amp; diagnosis  - Role of diet in the management of various types of diabetes mellitus &amp; preparation of diet plans (clinical vs. chemical control)  - Secondary complications of diabetes mellitus &amp; its control  - Non pharmacological treatments aiding diet therapy in the management of diabetes mellitus.  - Tests used for diagnosing &amp; monitoring diabetes mellitus including glucose monitoring at home.  - Insulin therapy, oral hypoglycemic agents used for diabetes control &amp; role of diet.  - Diabetes in pregnancy, surgery, illness, diabetic coma, insulin reaction  - Use of sweet alternatives, their complications &amp; long term effects of regular consumption &amp; control indications.  - Patient education &amp; counseling  <b>(B) Hypoglycemia:</b>  - Classification, symptoms, post prandial or reactive hypoglycemia, idiopathic hypoglycemia  - Dietary treatment</p>	20%
3	<p><b>Neurological disorders</b>  - Diet therapy for the following: Parkinson's, Alzheimer's, Multiple sclerosis, Epilepsy, Migraine.  - Feeding problems in patients suffering from neurological disorders and its effect on their nutritional status.</p>	20%
4.	<p><b>Renal Disorders</b>  -Renal function: Normal &amp; deranged renal function tests &amp; their interpretation  - Glomerulonephritis</p>	20%



	<ul style="list-style-type: none"> <li>- Nephrotic syndrome</li> <li>- Acute &amp; chronic renal failure</li> <li>- Diagnosis. Renal transplant</li> <li>- Nephrolithiasis /Renal calculi</li> <li>- Dietary management of renal disorders &amp; its complications</li> </ul>	
5.	<p><b>Cancer</b></p> <ul style="list-style-type: none"> <li>- Cancer, types of etiological factors</li> <li>- Role of diet in prevention of all types of cancers</li> <li>- Nutritional management of cancer patients undergoing: <ul style="list-style-type: none"> <li>- Radio therapy</li> <li>- Chemotherapy</li> <li>- Diet to be followed after treatment</li> <li>- Cachexia</li> </ul> </li> <li>- Nutritional care of geriatric population: <ul style="list-style-type: none"> <li>- Needs &amp; nutritional care of geriatric population</li> </ul> </li> <li>- Nutritional care during &amp; after period of dentition / other conditions</li> <li>- Dietary tips for elderlies.</li> </ul>	20%

Teacher Learning Methodology	Classroom lectures (Blackboard/Power Point Presentations), Discussion on recent updates with related examples.
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Evaluation Pattern		
Sr. No.	Details of the Evaluation	Weightage %
1.	Internal Written examination	15%
2.	Internal Continuous Assessment in the form of Viva voce, Quizzes, Seminars, Assignments, Attendance	15%
3.	University Examination	70%

Note: Students will have to score a minimum of 40 % to pass the course.

Course Outcomes	
1.	Get knowledge of dietary modification for metabolic disorder of various diseases.
2.	Describe dietary modification according patient's diseases condition.

Suggested References:	
Sr. No.	References
1.	Mahan, L.K. and Escott-Stump, S. (2000): Krause's Food Nutrition and Diet Therapy, 10 <sup>th</sup> Edition, W.B. Saunders Ltd.



2.	Shils, M.E., Olson, J.A, Shike, M. and Ross, A.C (1999) : Modern Nutrition in Health and Disease, 9 <sup>th</sup> Edition, Williams and Wilkins.
3.	Escott-Stump, S. (1998): Nutrition and Diagnosis Related Care, 4 <sup>th</sup> Edition, Williams and Wilkins.
4.	Williams, S.R (1993): Nutrition and Diet Therapy, 7 <sup>th</sup> Edition, Times Mirror/Mosby College Publishing.
5.	Walker, W.A and Watkins, J.B.(Ed) (1985): Nutrition in Pediatrics, Boston, Little, Brown & Co.
6.	World Cancer Research Fund (1997). Food, Nutrition and the Prevention of Cancer- A Global Perspective, Washington E.D.WCRF.
	<b>Journals and Other Reference Series:</b>
1.	Nutrition Update Series
2.	World review of nutrition and Dietetics
3.	Journal of the American Dietetic Association
4.	American Journal of Clinical Nutrition
5.	European Journal of clinical Nutrition
6.	Nutrition Reviews

