



**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	PH2CPGDD55	Title of the Course	Dietetic Techniques And Patient Counselling
Total Credits of the Course	04	Hours per Week	08

Course Objectives	<ul style="list-style-type: none"><li>• Understand the principles and procedures of nutrition counseling and the role of the counselor.</li><li>• Develop an understanding how: (a) lifestyles influence health and well-being; (b) acute and chronic disease affects the emotional and psychological state and the behavior of the individuals.</li><li>• Be familiar with various techniques used in counseling.</li><li>• Be able to use various types and techniques of counseling to motivate patients to achieve well-being.</li></ul>
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Course Content		
Unit	Description	Weightage %
1	<b>Counseling — Definition, Expectations, goals, scope and limits</b> Counseling — Characteristics of an effective counselor, the Client - Characteristics, expectations	25%
2	<b>The Counseling process</b> Techniques for obtaining relevant information: (1) Clinical information, (2) Medical History and General Profile, (3) Dietary Diagnosis: Assessing food and nutrient intakes, Lifestyles, physical activity, stress, (4) Nutritional Status, (5)Correlating relevant information and identifying areas of need: Stage I: problem exploration and clarification, Stage II: Developing new perspectives and setting goals, Stage III: Implementation follow up and evolution	25%
3	<b>Counseling techniques, strategies and communication skills</b> Rapport building and opening techniques, Questioning, listening, reflecting, acceptance, silence, leading reassurance, non-verbal behaviors, terminating skills	25%



4.	<b>a) Group Counseling</b> <b>b) Developing resources and aids for education and counseling</b> <b>c) Working with</b> Hospitalized patients (adults, pediatric, elderly, handicapped), adjusting and adopting to individual needs, Outpatients (adults, pediatric, elderly, handicapped), patients education, techniques and modes.	25%
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Teacher Learning Methodology	Classroom lectures (Blackboard), demonstration and than actual performance by students, discussion of results.
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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.	Follow up Monitoring and Evaluation of outcome for counseling.

Suggested References:	
Sr. No.	References
1.	Joshi S. A. 'Nutrition and Dietetics', New Delhi, Tata Mc Graw Hill Publishing Co. Ltd.
2.	Robinson 'Nonnal and Therapeutic Nutrition' New Delhi, Tata Mc Graw Hill Publishing Co. Ltd.
3.	Crampton E.W. and L. E. Lloyd (1915), 'Fundamentals of Nutrition', San Francisco W. H. Freeman
4.	Davidson S.R, Passmore and IF. Brock (1986), 'Human Nutrition and Dietetics' London Churchill, Livingstone
5.	Anita F.P (1986), 'Clinical Dietetics and Nutrition', Bombay, 3rd edition, Oxford University Press.
6.	Jelliffee B.B. 'Assessment of Community Nutrition Status'

