Semester V ANCC5: THERAPEUTIC NUTRITION (CREDITS: THEORY-4, PRACTICAL-2)

Contents:-

Unit: I Introduction to Diet Therapy

- Basic concepts and objectives of diet therapy
- Therapeutic modifications of the normal diet
- Role of dietician- hospital and community level
- Team approach in patient care, interpersonal relationship with patients

Unit: II Principles of Nutritional care, Types of hospital diets.

- Principles of planning a normal diet.
- Routine hospital diets-liquid, soft and bland diets
- Nutrition support techniques- Enteral and parenteral feeding.
- Dietary management in surgery and burns.

Unit: III Dietary management in Febrile and Gastrointestinal Disorders

- Physiology of fever and metabolic changes.
- Dietary management of typhoid and tuberculosis.
- Etiology, symptoms, types, clinical features and dietary management of gastritis and peptic ulcer.
- Types, etiology ,clinical features and dietary management of diarrhea, constipation, irritable bowel syndrome.

Unit: IV Dietary Management in Weight imbalance and Life style disorders

- Importance of weight management
- Underweight and obesity- physiological complications, etiology and dietary management.
- Types, Etiology, symptoms, clinical features and nutritional management of Diabetes.
- Types, Etiology, clinical features and dietary management of cardiovascular diseases (Atherosclerosis and Hypertension)

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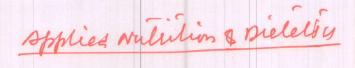
ANCCP5: THERAPEUTIC NUTRITION

PRACTICAL

- 1. Planning of diet for Following:
 - In terms of consistency: Liquid diet-clear fluid and full fluid ,soft and bland diet
 - Febrile illness
 - Peptic ulcer patient
 - Diarrhea and constipation.
 - Irritable bowel syndrome
 - Obese diabetes
 - Atherosclerosis and hypertension
 - Surgery and burns
 - Underweight and obesity.



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RECOMMENDED READINGS

- 1. Bamji, M.S., Rao, P.N., Reddy, V (Eds) (latest edition): Textbook of Human Nutrition, Oxford and IBH Publishing Co. Pvt. Ltd., New Delhi.
- 2. Mahan, L.K. & Ecott-Stump, S. (latest edition): Krause's Food, Nutrition and Diet Therapy, W.B. Saunders Ltd.
- 3. Shils, M.E.; Olson, J.-, Shike, M. and Roos, C (latest edition): Modern Nutrition in Health and Disease. Williams and Williams. A Beverly Co. London.
- 4. Indian Council of Medical Research. Nutritive Value of Indian Foods-Latest Publication.

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