

Course Unit	Clinical Dietetics III	Field of study	Therapy and Rehabilitation
Bachelor in	Dietetics and Nutrition	School	School of Health
Academic Year	2019/2020	Year of study	3
Type	Semestral	Semester	2
Workload (hours)	189	Contact hours	T - , TP 45 , PL 45 , TC - , S - , E - , OT - , O -
		Level	1-3
		ECTS credits	7.0
		Code	8149-501-3201-00-19

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Carla Vanessa Dias Sarmento Correia, Leonel São Romão Preto

#### Learning outcomes and competences

- At the end of the course unit the learner is expected to be able to:
1. Recognize the physiopathology of each pathology, linking it with diet and nutrition.
  2. Understand the importance of dietetics in the prevention and/ or therapy in each pathology.
  3. To implement the nutritional status evaluation appropriate to each medical condition.
  4. To implement the dietetical evaluation appropriate to each medical condition.
  5. To plan and elaborate appropriate dietetic intervention to the studied pathologies
  6. Evaluate the efficacy of the dietetics intervention, reformulating if necessary.
  7. To apply Basic Life Support technics

#### Prerequisites

Before the course unit the learner is expected to be able to:  
Solve practical cases in dietetics I, dietetics II and Clinical Dietetics I and II.

#### Course contents

Approach to the dietetic planning, intervention and evaluation in the studied diseases. Study the Basic Life Support Technics.

#### Course contents (extended version)

1. Dietetical Intervention in Nervous System Diseases
2. Dietetical Intervention in Endocrine and Metabolic System
3. Dietetical Intervention in Eating Behaviour Diseases
4. Dietetical Intervention in Intensive Care
  - Metabolic Stress
  - Surgery
5. Basic Life Support

#### Recommended reading

1. Mahan LK, Escott-Stump S. (2010). Krause: Alimentos, Nutrição e Dietoterapia. Brasil: Elsevier.
2. Shils ME, Olson JA, Shike M, Ross AC (2003). Tratado de Nutrição Moderna na Saúde e na Doença. São Paulo, Brasil: Manole Editores.
3. Waitzberg DL (2002). Nutrição Oral, Enteral e Parenteral na Prática Clínica. São Paulo, Brasil: Editora Atheneu.
4. Periódicos de dietética clínica, disponibilizados aos estudantes via virtual. ipb. pt

#### Teaching and learning methods

The TP lessons will be based on the analysis of the specific guidelines for nutritional intervention in each pathologie, using the debate to promote students reflection and active participation. The PL lessons consist of training nutrition and dietary assessment techniques, consultation simulation and clinical cases resolution. It will be given support to the student independent work.

#### Assessment methods

- Two evaluation moments - (Regular, Student Worker) (Final, Supplementary, Special)
  - Final Written Exam - 50% (TP Component. Minimal classification required.)
  - Case Studies - 50% (PL Component. Minimal classification required.)

#### Language of instruction

Portuguese, with additional English support for foreign students.

#### Electronic validation

Carla Vanessa Dias Sarmento Correia	Juliana Almeida de Souza	Antonio Jose Madeira Nogueira	Adília Maria Pires da Silva Fernandes
23-03-2020	30-03-2020	30-03-2020	30-03-2020