

**COURSE DATA****Data Subject**

Code	33958
Name	Food and Nutrition for the Elderly
Cycle	Grade
ECTS Credits	4.5
Academic year	2024 - 2025

Study (s)

Degree	Center	Acad. Period
1205 - Degree in Human Nutrition and Dietetics	Faculty of Pharmacy and Food Sciences	4 First term

Subject-matter

Degree	Subject-matter	Character
1205 - Degree in Human Nutrition and Dietetics	37 - Food and nutrition in the elderly	Optional

Coordination

Name	Department
RODRIGUEZ GARCIA, JULIA	265 - Prev. Medicine, Public Health, Food Sc., Toxic. and For. Med.

SUMMARY

Diet and Nutrition in Older Adults is an optional course offered in the first semester of the fourth year of the degree in Human Nutrition and Dietetics, with a workload of 4.5 ECTS credits. The learning strategy of this course is based on three pillars: (i) the development of theoretical knowledge; (ii) problem-based learning, where students will participate in solving clinical cases; (iii) the development of practical clinical skills through simulation experiences. This course aims to equip students with the necessary competencies to intervene in the diet of older adults in various settings (home, hospital, institutional), contributing to improving the quality of life through nutrition.



PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

Other requirements

It is advisable to take courses in the assignments of Nutrition, Dietetics (I and II), Dietary Therapy and Physiology.

COMPETENCES (RD 1393/2007) // LEARNING OUTCOMES (RD 822/2021)

1205 - Degree in Human Nutrition and Dietetics

- Understand the physiological, psychological, social and cultural bases of aging.
- Know the most common eating problems in the elderly.
- Provide dietary-nutritional support to individuals and communities both to treat and to prevent disease.
- Advise on the most suitable diet for each individual and collective situation.
- Assess and monitor the nutritional status of individuals and communities.

LEARNING OUTCOMES (RD 1393/2007) // NO CONTENT (RD 822/2021)

On completion of this module, students should be able to:

- Assess the physiological, psychological, and socioeconomic changes inherent in the ageing process, as well as the individual circumstances of older adults (pathologies, social environment, physical activity, degree of dependency) that influence nutrition.
- Evaluate the nutritional status and dietary history of the elderly.
- Carry out and monitor nutritional and dietary interventions for older adults in different circumstances.
- Apply communication skills and interpersonal abilities to interact with patients and other health professionals.
- Apply the knowledge acquired in previous courses to the specific characteristics of older adults.

DESCRIPTION OF CONTENTS

1. Introduction

- 1.1. Theories of aging
- 1.2. Health of older adults
 - 1.2.1. Physiological changes
 - 1.2.2. Conditions and diseases
 - 1.2.3. Geriatric syndromes: frailty and others



- 1.3. Dietary guidelines for the elderly population
- 1.4. Active aging
- 1.5. Communication with older patients
- 1.6. Clinical simulation

2. Dietary and Nutritional intervention approach for older adults in different settings: home, hospital, and institutional

- 2.1. Nutritional assessment.
 - 2.1.1. Clinical nutritional assessment.
 - 2.1.2. Body composition evaluation.
- 2.2. Nutritional diagnosis.
- 2.3. Nutritional intervention.
- 2.4. Monitoring and evaluation of progress and results.

WORKLOAD

ACTIVITY	Hours	% To be attended
Theory classes	30,00	100
Computer classroom practice	8,00	100
Seminars	2,00	100
Tutorials	2,00	100
Study and independent work	60,00	0
Resolution of online questionnaires	7,50	0
TOTAL	109,50	

TEACHING METHODOLOGY

Theoretical Classes: Three main learning methodologies will be applied in these face-to-face sessions:

- (1) Sessions aimed at presenting key concepts and content of each topic, to help students acquire relevant knowledge.
- (2) Sessions aimed at solving clinical case studies, focusing on various diseases and situations requiring dietary-nutritional interventions to improve patient health.
- (3) Sessions aimed at developing clinical skills through simulation experiences (videos and role-playing), where students will develop communication, conflict management, and professional and ethical attitudes. These sessions will seek learning through feedback and reflection to identify and close gaps in knowledge and skills and reinforce experiential learning.



Seminars: Attendance is mandatory for enrolled students. There will be one ‘coordinated seminar’. The topics and format of the seminar will be proposed by the students and agreed upon with the academic. Students have to follow the ‘coordinated seminars guidelines’ on the Faculty website. This activity will be evaluated based on scientific content and the presentation's quality, particularly communication skills and the ability to work in group.

Tutorials: Attendance is mandatory and students will attend in organized groups. There will be two tutorials, evenly distributed at the beginning and end of the semester, each lasting one hour. The group will work on tasks (short questions and/or problems) provided beforehand on the virtual platform, and students can ask questions about the material. The professor will evaluate the students' overall learning process and guide them on the most effective methods for solving problems.

Practical Classes: Conducted in small groups with mandatory attendance. These sessions will involve simulations with real patients both at the Faculty of Pharmacy and Food Sciences and the Interdisciplinary Health Simulation Center (CESIS). These practices will be supervised to ensure students acquire the skills needed for successful nutritional intervention in older adults.

EVALUATION

The evaluation will be distributed as follows:

Evaluation of Theoretical Content: The exam includes topics covered in theoretical and practical sessions. It consists of two parts: (i) short-answer or multiple-choice (true-false) questions with reasoning (30% of the final exam grade), and (ii) a clinical case to be solved with a reasoned description of a dietary and nutritional intervention approach (70% of the final exam grade). This exam accounts for 55% of the final module grade. A minimum of 5 out of 10 points is required for this exam to be included in the final grade.

Evaluation of Practical Content: This evaluation represents 20% of the final module grade. Practical classes will be evaluated based on demonstrated attitude and aptitude (handling and use of materials, performing calculations, recording all work done), and the quality of the report presented.

Evaluation of Tutorials: This represents 5% of the final module grade. The evaluation will consider the completion of proposed tasks, different from practical classes and other tasks, and attendance at tutorials.

Evaluation of Activities and Tasks: This represents 10% of the final module grade. The evaluation will consider the completion of proposed tasks, distinct from practicals and tutorials.

Evaluation of Seminars: The seminar will contribute a maximum of 10% to the final module grade. The evaluation will focus on the scientific content, preparation work, the ability to present and discuss with the professor and peers, and work group. Attendance will also be considered.

The activities of continuous assessment, which in this subject are practices, tutorials and seminars, are of MANDATORY ATTENDANCE and, therefore, NOT RECOVERABLE, in accordance with the provisions of Article 6.5 of the Regulation of Evaluation and Qualification of the UV for Bachelor and Master degrees. If it is not possible to attend any of these activities for justified reasons, it must be communicated in advance. In this way, the person in charge of the subject may assign the student a session in another group.



If the exam is failed in the first call, the grades for the seminars, tutorials, and practicals will be saved for the second call of the current year.

If the exam is failed in the second call, the attendance and grades for tutorials, seminars, and practicals will be preserved for the next two academic years. After this period, tutorials, seminars, and practicals must be repeated.

*Evidence of copying or plagiarism in any of the assessable tasks will result in failure to pass the subject and in appropriate disciplinary action being taken. Please note that, in accordance with article 13. d) of the Statute of the University Student (RD 1791/2010, of 30 December), it is the duty of students to refrain from using or participating in dishonest means in assessment tests, assignments or university official documents. In the event of fraudulent practices, the “**Action Protocol for fraudulent practices at the University of Valencia**” will be applied (ACGUV 123/2020):*

<https://www.uv.es/sgeneral/Protocols/C83sp.pdf>

REFERENCES

Basic

- KRAUSE. DIETOTERAPIA. 15ª ED. JANICE L. RAYMOND Y KELLY MORROW (COORS.). ELSEVIER ESPAÑA - 9788491139379
- MANUAL DE ALIMENTACIÓN GERIÁTRICA. 2º ED. MARTA GONZALEZ CABALLERO. ALCALA GRUPO EDITORIAL 9788413239552.
- MANUAL TERAPÉUTICO EN GERIATRÍA 2ª ED. CRISTINA BERMEJO BOIXAREU Y JAIME RODRIGUEZ SALAZAR (COORS.). PANAMERICANA 9788491109167.
- NUTRICIÓN EN LAS DIFERENTES ETAPAS DE LA VIDA. 5ª ED. JUDITH BROWN. MCGRAW-HILL - 9786071511874.