



## COURSE DATA

### Data Subject

<b>Code</b>	33963
<b>Name</b>	Dietary Therapy
<b>Cycle</b>	Grade
<b>ECTS Credits</b>	9.0
<b>Academic year</b>	2022 - 2023

### Study (s)

Degree	Center	Acad. year	Period
1205 - Degree in Human Nutrition and Dietetics	Faculty of Pharmacy and Food Sciences	3	Annual
1211 - Double Degree in Pharmacy and Human Nutrition and Dietetics	Faculty of Pharmacy and Food Sciences	5	Annual

### Subject-matter

Degree	Subject-matter	Character
1205 - Degree in Human Nutrition and Dietetics	22 - Diet therapy	Obligatory
1211 - Double Degree in Pharmacy and Human Nutrition and Dietetics	1 - Asignaturas obligatorias del PDG Farmacia-Nutrición Humana y Dietética	Obligatory

### Coordination

Name	Department
BLESA JARQUE, JESUS	265 - Prev. Medicine, Public Health, Food Sc.,Toxic. and For. Med.
ESCRIVA LLORENS, LAURA	265 - Prev. Medicine, Public Health, Food Sc.,Toxic. and For. Med.
LOZANO RELAÑO, MANUEL	265 - Prev. Medicine, Public Health, Food Sc.,Toxic. and For. Med.



## SUMMARY

Diet therapy is an obligatory subject that is given during the first and second semester in the third course of the degree in Human and Dietetic Nutrition. In the study plan (Plan 2009) consists of a total of 9 credits ECTS (1 credit ECTS = 25 h).

With this subject there is claimed that the pupil knows the implications of the different pathologies in the food - nutritional processes; the dietetic modifications to helping in each of them and the indications of the different technologies of supply that can be used. To acquire skill in the accomplishment of dietetic histories and in the nutritional valuation, follow-up and control of the patients. To familiarize itself with the medical terminology, the clinical histories, the dietetic prescriptions, the functioning of the services of dietetics and the dietetic hospitable guidelines.

As professionals of the area of Sciences of the Health, the graduates will not be able to elude in his professional future the employment of these concepts of enormous current importance.

In the subject there will be studied the dietetic treatment needed in the different diseases where nutrition and feeding are very important in the treatment of disease or the patient's recovery

There will be valued the nutritional needs of the individual, what tools are applied and which are most used in the areas ambulatory and hospitably.

In the seminars there will be applied the theoretical knowledge acquired to the royal practice of evaluations of ingestion and production of diets adapted to the different pathological situations.

In the practices there will treat each other topics relating to the functioning of the Diet Therapy Clinic and evaluate different clinical situations.

## PREVIOUS KNOWLEDGE

### Relationship to other subjects of the same degree

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

### Other requirements

### 1205 - Degree in Human Nutrition and Dietetics

- Recognise the essential elements of the profession of the dietitian-nutritionist including ethical principles, legal responsibilities and the practice of the profession, apply the principle of social justice to professional practice, and work with respect to people, their habits, beliefs and cultures, from a gender perspective.



- Practise the profession with respect for other health professionals and acquire skills to work in teams.
- Communicate effectively, both orally and in writing, with people, with health or industry professionals and with the media, knowing how to use information and communication technologies, especially those related to nutrition and lifestyles.
- Recognise the need to maintain and update professional competence, with particular emphasis on independent and lifelong learning of new facts, products and techniques in the field of nutrition and food, and on motivation for quality.
- Know, judge and know how to use and apply the sources of information related to nutrition, food, lifestyles and health.
- Understand and assess the relationship between food and nutrition in health and in disease.
- Apply scientific knowledge of physiology, physiopathology, nutrition and food to offer dietary planning and advice to both healthy and sick individuals and communities throughout their life cycle.
- Interpret the nutritional diagnosis, assess the nutritional aspects of a medical history and design the dietetic action plan.
- Adquirir la terminología propia de la materia de Dietoterapia.
- Know the multiple implications that the different diseases may have in dietary-nutritional processes, how to detect them and the hygienic-dietary changes to be implemented to prevent or control them.
- Study the possible interactions between food components and organic functions and their impact on health.
- Study the major metabolic syndromes and their nutritional impact.
- Study the diseases that can cause malnutrition and their consequences on the clinical evolution of patients and the efficacy of their treatment.
- Understand the characteristics of the main therapeutic diets.
- Know the characteristics and indications of nutritional support techniques.
- Acquire knowledge and skill for developing nutritional care plans for various diseases and for assessing the different types of specific diets.
- Gain the skills required to develop food and nutrition education programmes for patients and their environment, both in outpatient clinics and hospitals.
- Identificar los problemas dietético-nutricionales del paciente, así como los factores de riesgo y las prácticas inadecuadas.
- Apply the basis of clinical nutrition to diet therapy.
- Plan, implement and evaluate therapeutic diets for individuals or groups.
- Conocer la organización hospitalaria y las distintas fases del servicio de alimentación.
- Conocer las distintas técnicas y productos de soporte nutricional básico y avanzado. Desarrollar e implementar planes de transición dietético-nutricional.



General:

- Know the interrelations between different pathologies and nutritional processes.
- Advise on the different feeding techniques that can be used.
- Plan the diet and give dietary advice to the patient.
- Justify the dietary modifications and the nutritional intervention performed in each pathology.
- Acquire skill in the realization of dietary histories and nutritional assessment, monitoring and control of patients.
- Learn about medical-nutritional terminology, clinical histories, dietary prescriptions, the operation of dietetic services, and ambulatory and hospital dietary guidelines.

Specific:

- To master the characteristics of human nutrition adapted to different diseases and pathophysiological situations.
- Prepare a diet adapted to the patient and according to the patient's situation, as well as a control and follow-up plan for the intervention.

## DESCRIPTION OF CONTENTS

### 1. INTRODUCTION

Origin of Dietotherapy. Assessment of the nutritional condition of the individual and guidelines for the preparation, confection and the follow-up of a dietetic prescription

### 2. DIETS WITH MODIFICATION OF THE TEXTURE AND THE CONSISTENCY. PROGRESSIVE DIETS

Diet liquid, semisolid and of easy mastication  
Progressive Diets

### 3. ARTIFICIAL NUTRITION

Enteral nutrition  
Parenteral nutrition



#### 4. ASSESSMENT OF NUTRITIONAL CONDITION: NUTRITION SCREENING AND ASSESSMENT TOOLS

Assessment of nutritional condition.

Nutrition Screening and assessment tools: MST, MUST, NRS, SNAQ, MNA, SGA, HEMAN

#### 5. DIET IN THE ALLERGY AND FOOD INTOLERANCES

Diet low in histamine

Restrictive Diet in tiramina

Restrictive Diet in tartracina

Restrictive Diet in sulfitos

Restrictive Diet in monosodium glutamate

Restrictive Diet in benzoatos

#### 6. DIETS CONTROLLED IN ENERGY

Low-calorie Diets.

Sistema de Intercambios: application note

Highly low-calorie Diet.

Diet in bariatric surgery.

#### 7. DIET CONTROLLED IN CARBOHYDRATES

Diet in the diabetes.

Clínic Method: application note

Diet controlled in lactose.

Diet controlled in fructosa and sorbitol.

Diet controlled in saccharose.

Diet restricted in galactosa.

#### 8. DIETS CONTROLLED IN FATS

Diet controlled in fat in the dislipemias

Diet controlled in triglycerides of long chain and in triglycerides of average chain

Diet controlled in oily acids in the adrenoleucodistrofia

#### 9. DIETS CONTROLLED IN PROTEINS AND / OR AMINOACIDS

High Diet in proteins and energy

Diet in the renal chronic disease

Diet controlled in proteins in the nefrotic syndrome

Diet controlled in proteins in the hepatic encephalopathy

Diet controlled in gluten



Diet controlled in phenylalanine  
Diet in the homocistinuria and other disorders of the metabolism of the methionine  
Diet in the leucinosi or disease of the urine with smell of syrup of maple  
Diet in the disorders of the cycle of the urea

## 10. DIET CONTROLLED IN MINERALS

Dieta controlada en sodio  
Dieta controlada en potasio  
Dieta controlada en calcio y fósforo  
Dieta controlada en hierro  
Dieta controlada en cobre  
El Sistema de Equivalentes en el control del aporte de minerales

## 11. DIET CONTROLLED IN FIBER AND OTHER DIETS

Poor Diet in fiber and poor diet in residue  
Rich Diet in fiber  
Diet restricted in purines  
Diet restricted in oxalates

## 12. DIETS IN THE GASTROINTESTINAL SYMPTOMATOLOGY

Diet in the alteration of the taste  
Diet in the alteration of the salivation  
Diet in the mucositi  
Diet in the disfagia orofaríngea  
Dietetic Modifications in the diarrhea  
Diet in the intestinal resection  
Diet in the gastric surgery and its complications

## 13. DIETS OF EXPLORATION

Diet before the curve of glycemia (it tries oral tolerance to the glucose)  
Diet for the examination of blood in dregs  
Diet for the examination of catecolaminas  
Diet for the examination of fat in the dregs  
Diet for the examination of the hidroxiprolina  
Diet for the test of the acid 5-hidroxiindolacético  
Diet of exploration of the calcic metabolism  
Diet to analyze the plasmatic renina  
Poor Diet in iodine for the diagnosis of thyroid diseases  
Diet of minimal residue for the enema bárico of double contrast



#### 14. SEMINAR PROGRAM

Diet therapy for Overweight and obesity  
Diet therapy for Plurimetabolic syndrome  
Nutrition care plan for Cancer  
Nutrition care plan for AIDS  
Nutrition care plan for Cystic fibrosis  
Nutrition care plan for COPD: chronic obstructive pulmonary disease  
Nutrition care plan for Diseases neurodegenerative  
Nutrition care plan for Functional Diversity (Disability)  
Diet therapy for Critical patient

#### WORKLOAD

ACTIVITY	Hours	% To be attended
Theory classes	60,00	100
Laboratory practices	20,00	100
Seminars	4,00	100
Tutorials	3,00	100
Readings supplementary material	5,00	0
Preparing lectures	70,00	0
Preparation of practical classes and problem	30,00	0
Resolution of case studies	20,00	0
Resolution of online questionnaires	10,00	0
<b>TOTAL</b>	<b>222,00</b>	

#### TEACHING METHODOLOGY

The development of the subject is structured in:

**Class of theory:** 3 weekly meetings of an hour of duration. In total they will be necessary 60 meetings of an hour to cover this educational facet. In the classes of theory the magisterial class will be used basically. The teacher will present the most relevant contents of the subject, using the audio-visual means necessary for the agile and coherent development of the same ones. The teacher will stop accessibly with sufficient anticipation in the picking platform to the teaching "Virtual Classroom ", the material necessary for the correct follow-up of the classes of theory. The theoretical classes allow especially the acquisition of KNOWLEDGE, and contribute in minor measure to the acquisition of PROCEDURES AND ATTITUDES.



Depending on time availability, acceptance among students and appropriateness to the themes, an alternative theoretical classroom can be planned and developed, it would be: to elaborate materials related to the themes (notes, flyers, posters ...), resolution of clinical cases, representation of role-playing about diet-therapy cabinet... This kind of theoretical and practical class favors the acquisition of knowledge, procedures and attitudes equally.

**Practical meetings:** They are of obligatory assistance and are realized in the Nutritional Clinic of the Fundació Lluís Alcanyís-Universitat de València. They are realized in five meetings of 4 hours of duration. During the sessions he will arrange of a script of the meetings " Notebook of practices", with a small theoretical introduction of the same ones and the protocol detailed to realizing. During every session the pupil will have to refill the notebook of practices. The notebook of practices will be submitted during the following week at the end of the practices and will be corrected and returned in one week. The practical classes contribute fundamentally to the acquisition of SKILLS, and in minor measure to that of ATTITUDES and KNOWLEDGE.

As part of the theoretical and practical classes, students may be asked to participate in Educational Innovation projects developed by the teachers responsible for the course.

**Seminar:** They are of accomplishment and obligatory assistance for the pupils who are registered.

Coordinated seminars will take place on topics provided by the teacher and related to the course and must follow the guidelines on coordinated seminars available at the web page of the Degree. In the case of Double Degree (Pharmacy and HND) the seminars will not be coordinated. The development of the seminar will be monitored through tutorials, to be agreed upon between the teacher and the students.

The valuation of this activity will contemplate so much the scientific contents treated as the form in which these have been presented, valuing specially the capacity of communication and transmission of ideas and concepts.

For students who repeat the subject, attendance at seminars is not mandatory.

**Tutorship:** The pupils will come to them in organized groups and will be three in total distributed uniformly initially, half and at the end of the academic course. The duration of the above mentioned tutorship will be of an hour. In them, the teacher will evaluate the learning process of the students of an included way. Equally, the tutorship will serve to solve all the doubts that could have arisen along the classes and it will orientate the students on the most useful methods of work for the resolution of the problems that could appear them.

For students who repeat the subject, attendance at Classroom tutoring is not mandatory.

During activities, both theoretical and practical, examples of the applications of the subject content will be given in relation to the Sustainable Development Goals (SODAs), as well as in proposals for topics for coordinated seminars. This is intended to provide students with knowledge, skills and motivation to understand and address these ODS, while promoting reflection and criticism.





## EVALUATION

In agreement with the established in Dietoterapia's matter, the evaluation of the learning of the knowledge, competitions and skills will be effected in the shape of evaluation continued along the course. They will be considered to be parameters valuables:

- a) Accomplishment of individual and / or collective memories of exercises relative to the different activities in classroom, informatics classroom and in the clinical, in that there will be evaluated the acquisition of skills and defined ad hoc attitudes for the matter as well as the work developed by the student and the apprehension of procedures and basic concepts;
- b) Written test in which there will be evaluated the degree of general knowledge of theoretical concepts and procedures presented for every topic;
- c) Attitude of the student, evaluable from the individual and collective tutorship, practical classes and seminars exposed and debated in the classroom.

The evaluation will be distributed as it continues:

- Acquisition of theoretical concepts and by means of written tests.
- The practical meetings and the practical cases will contribute to the final note, considering in his evaluation the following points: attitude of the student, production of memories and reports and written tests.
- Preparation of seminars: written work and exhibition. The scientific content of the work will be evaluated, and the capacity of exhibition and debate with the teachers and companions.

The evaluation of the learning of the knowledge and skills obtained by the pupils, it will be done of form continued along the course. There will be combined a valuation of the attitude, result of the direct contact by the pupil during the classes of questions and personalized tutorship, by a valuation of the acquired knowledge, proceeding from the resolution of questions in writing and in class, of the works and seminars carried out by the pupils, and of the tests of examination. To approve the subject is a necessary obtained credit a minimal punctuation of 5 on 10.

**Evaluation of the theoretical contents:** The result of this evaluation will represent 7.0 points of the final qualification of the subject. In this section, the tasks and activities proposed by the teaching staff and which complement the theoretical contents, may be evaluated. This grade added to the final grade of the theoretical part can never be more than 50% of the value of this section, that is, 3.5 points.

**Evaluation of the practical classes:** The qualification obtained in this evaluation will represent 2,0 points of the final qualification of the subject.

The practical classes of Diet Therapy Clinic will be evaluated by means of the attitude and the correction of the notebooks.

In case of not reaching the minimal note in the theoretical part of the subject, the practices it is not necessary to repeat them during two following years.



**Evaluation of the work to interdisciplinary:** The realized seminar will contribute with a maximum of 1,0 point to the final note of this subject.

Written work, presentation, defense, and proposed activities will be taken into account for their assessment according to the guidelines on coordinated seminars available at the web page of the Degree. The level of understanding of the contents as well as the skills for its presentation and discussion will be assessed.

In case of the minimal note does not reach the first summons, one will guard the qualification of the work to interdisciplinary up to the second summons.

All the parts of the final grade for the course must achieve a minimum grade, written exam 5 points (to make the average between partials examinations, requires a minimum of 4 points in a partial and this note must be compensated by the other partial to reaching an average of 5), practices 1 point and subject's seminar coordinated 0.5 points.

In the theoretical part it may be included aspects such as the attitude of the student, participation in class and/or participation in educational innovation projects developed by teachers responsible for the subject or projects developed in the Center, as well as the attendance and participation in the activities proposed by the student associations of the Center with a clear relationship with the subject. This note, added to the final grade of the theoretical part, will never exceed 10% of the value of this section, ie 0.7 points

## REFERENCES

### Basic

- Salas-Salvadó, J. Nutrición y dietética clínica (3ª ed). Ed. Elsevier, Barcelona. 2014.
- Mahan, L.K. Nutrición y Dietoterapia de Krause (13ª ed). Ed. Mc Graw- Hill Interamericana, México. 2012.
- Gil, A. Tratado de Nutrición. Tomo V: Nutrición y enfermedad (3ª ed). Ed. Médica Panamericana, Madrid. 2017.
- Escott-Stump, S. Nutrición, diagnóstico y tratamiento (8ª ed). Ed. Mc Graw-Hill, México. 2016.
- Mataix J. Nutrición y alimentación humana. Tomo II: Situaciones fisiológicas y patológicas (2ª ed. revisada). Ed. Ergon, Madrid. 2015.
- Téllez, M.E. Nutrición clínica (2ª ed.). Ed. Manual Moderno, México. 2014
- de Luis, D.A. Dietoterapia, nutrición clínica y metabolismo (2ª ed.). Ed. Díaz de Santos, Madrid. 2012.
- González, M. Dietética y Dietoterapia. Ed. Formación Alcalá, Alcalá La Real (Jaén). 2009.
- Gibney, M.J. Nutrición Clínica Ed. Acribia, Zaragoza. 2007.



### Additional

- Russolillo, G.; Marques, I. Sistema de intercambios para la confección de dietas y planificación de menús (2ª ed.). Ed. ICM. Madrid. 2011.

Russolillo, G.; Marques, I. Álbum fotográfico de porciones de alimentos (2ª ed.). Ed. ICM. Madrid. 2011.

Maher, AK. (Iowa Dietetic Association). Manual de dietas simplificado. Ed. Acribia. Zaragoza. 2008.

Ruiz, M. Tratamiento nutricional de los errores innatos del metabolismo (2ª ed.). Ed. Drug Farma. Madrid. 2007.

Martínez, A. Alimentación hospitalaria 2 Vols. Tomo 1. Fundamentos. Tomo 2. Dietas hospitalarias. Ed. Díaz de Santos, Madrid. 2004.