

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

<b>Code</b>	44202
<b>Name</b>	Clinical nutrition
<b>Cycle</b>	Master's degree
<b>ECTS Credits</b>	8.0
<b>Academic year</b>	2022 - 2023

**Study (s)**

<b>Degree</b>	<b>Center</b>	<b>Acad. year</b>	<b>Period</b>
2194 - Master's Degree in Personal and Comunity Nutrition	Faculty of Pharmacy and Food Sciences	1	First term

**Subject-matter**

<b>Degree</b>	<b>Subject-matter</b>	<b>Character</b>
2194 - Master's Degree in Personal and Comunity Nutrition	1 - Nutrición clínica	Obligatory

**Coordination**

<b>Name</b>	<b>Department</b>
SORIANO DEL CASTILLO, JOSE MIGUEL	265 - Prev. Medicine, Public Health, Food Sc., Toxic. and For. Med.

**SUMMARY**

The objectives are to know, design and implement hospital and non-hospital dietary services, through the use of tools to allow global assessment of patients, and working with new lines of research for use professionally or transfer to other health professionals. Furthermore, the student will work with tools, methods and techniques to complete improve the quality of life of the patient.

**PREVIOUS KNOWLEDGE**



### Relationship to other subjects of the same degree

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

### Other requirements

Not applicable

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

### 2194 - Master's Degree in Personal and Community Nutrition

- Students should apply acquired knowledge to solve problems in unfamiliar contexts within their field of study, including multidisciplinary scenarios.
- Students should be able to integrate knowledge and address the complexity of making informed judgments based on incomplete or limited information, including reflections on the social and ethical responsibilities associated with the application of their knowledge and judgments.
- Students should communicate conclusions and underlying knowledge clearly and unambiguously to both specialized and non-specialized audiences.
- Students should demonstrate self-directed learning skills for continued academic growth.
- Students should possess and understand foundational knowledge that enables original thinking and research in the field.
- Ser capaces de obtener y de seleccionar la información y las fuentes relevantes para la resolución de problemas, elaboración de estrategias y asesoramiento a clientes.
- Contemplar en conjunto y tener en cuenta los distintos aspectos y las implicaciones en los distintos aspectos de las decisiones y opciones adoptadas, sabiendo elegir o aconsejar las más convenientes dentro de la ética, la legalidad y los valores de la convivencia social.
- Know how to work in multidisciplinary teams reproducing real contexts and contributing and coordinating their own knowledge with that of other branches and participants.
- Participate in, lead and coordinate debates and discussions, be able to summarize them and extract the most relevant conclusions accepted by the majority.
- Proyectar sobre problemas concretos sus conocimientos y saber resumir y extraer los argumentos y las conclusiones más relevantes para su resolución.
- Planificar, ordenar y encauzar actividades de manera que se eviten en lo posible los imprevistos, se prevean y minimicen los eventuales problemas y se anticipen sus soluciones.
- Elaborar y manejar los escritos, informes y procedimientos de actuación más idóneos para los problemas suscitados y utilizando un lenguaje no sexista.
- Utilizar las distintas técnicas de exposición oral, escrita, presentaciones, paneles, etc., para comunicar sus conocimientos, propuestas y posiciones y teniendo en cuenta un lenguaje integrador e igualitario.



- Elaborar tratamientos dietéticos adaptados a cada situación fisiológica y/o patológica y/o comunitaria.
- Enseñar la metodología de la Nutrición Basada en la Evidencia.
- Analizar los nutracéuticos comercializados con posible utilidad personalizada.
- Saber diseñar gabinetes dietoterapéuticos y unidades de Nutrición hospitalaria.
- Conocer la normativa sobre información alimentaria, su publicidad y estrategias de venta.
- Estudiar puntos anatómicos, proporcionalidad y composición corporal en el marco de la cineantropometría y la antropometría.
- Adquirir el conocimiento que permita actuar en respeto a los derechos fundamentales y a los principios de igualdad.

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

- To learn to create, manage and update, as a health center, a, office of dietetics and nutrition
- To learn the nutritional assessment techniques, tools and procedures.
- Training for the study of nutritional case report.
- To know the ethical aspects in nutrition.
- To know design qualitative and quantitative diets.

## DESCRIPTION OF CONTENTS

### 1. Clinical nutrition

The Hospital Dietetic Service

Creating and managing an office of dietetics and nutrition

Dietary and nutritional evaluation

Psiconutrition: contributions of psychology to nutrition therapy

Nutrigenomics and nutrigenetics: new aspects of nutrition

Technology in Dietetic and case report

Strategy of nutritional intervention in celiac disease

Lactose intolerance, fructose and inflammatory bowel disease: parasitological approach

Importance of biochemistry in nutritional status assessment

Applications of nutrition education

Herbodiabetic

Nutricosmetics and slimming products

Tools and applications of immunonutrition

The diabetic patient: nutrition intervention strategies

School of feeding renal patient: clinical cases

Parenteral and enteral nutrition

-omics techniques applied to nutrition

Evidence-based Nutrition: Tools and Examples

**WORKLOAD**

ACTIVITY	Hours	% To be attended
Theory classes	20,00	100
Classroom practices	15,00	100
Tutorials	8,00	100
Seminars	8,00	100
Other activities	8,00	100
Computer classroom practice	5,00	100
Attendance at events and external activities	8,00	0
Development of group work	0,00	0
Development of individual work	8,00	0
Study and independent work	28,00	0
Preparing lectures	35,00	0
Preparation of practical classes and problem	57,00	0
<b>TOTAL</b>	<b>200,00</b>	

**TEACHING METHODOLOGY**

• Theoretical classes, participatory master lesson  
• Resolution of practical cases and clinical cases  
• Seminars  
• Project development  
• Project appraisal  
• Visit to companies and NGOs  
• Debate or guided discussion  
• Conference of experts  
• Workgroup  
In addition, the contents of the module will be related to the Development Goals Sustainable (ODS). This is intended to provide students with knowledge, skills and motivation to understand and address these SDGs, while promoting reflection and criticism

**EVALUATION**

- Theory test
- Practical Examination
- Group work
- Attendance and participation



## REFERENCES

### Basic

- Gallar, M. Dietotecnia. Ed. Avante Claro. 2006
- Escott-Stump, S. Nutrición, diagnóstico y tratamiento. Ed. Mc Graw-Hill. Mexico. 2005
- Martínez Hernández, A. Alimentación hospitalaria 2 Vols. Tomo 1. Fundamentos. Tomo 2. Dietas hospitalarias. Ed. Díaz de Santos. Madrid. 2004.
- Gil Hernández, A. Tomo IV: Nutrición clínica (Tratado de Nutrición). Ed. Acción Médica-Grupo. Madrid. 2005.
- Gibney, M.J.; Elia, M.; Ljungqvist, O.; Dowset, J. Nutrición Clínica Ed. Acribia. Zaragoza. 2007
- Salas-Salvadó, J.; Bonada, A., Trallero, R.; Saló, M.E.; Burgos, R. Nutrición y dietética clínica (2ª ed.). Ed. Doyma SL. Barcelona. 2008
- Rodota, L.; Castro, M.E. Nutrición Clínica y Dietoterapia. Ed. Medica Panamericana. 2012.
- Escorihuela, Elisa. Dietoterapia. Ed. Vergara. Barcelona. 2021

### Additional

- Russolillo, G.; Marques, I. Sistema de intercambios para la confección de dietas y planificación de menús. Ed. ICM. Madrid. 2008.
- Russolillo, G.; Marques, I. Álbum fotográfico de porciones de alimentos. Ed. ICM. Madrid. 2008.