

**FDNT 162 Course Outline as of Fall 2020****CATALOG INFORMATION**

Dept and Nbr: FDNT 162 Title: DIET THERAPY HEALTHCARE

Full Title: Diet Therapy for Healthcare

Last Reviewed: 10/12/2015

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	2.00	17.5	Lecture Scheduled	35.00
Minimum	2.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 70.00

Total Student Learning Hours: 105.00

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**

Appropriate diet therapy for stages of the life cycle and the stress conditions of disease. Intended for students in nursing and other healthcare fields who have completed an introductory nutrition course that did not cover diet therapy.

**Prerequisites/Corequisites:**

Course Completion of FDNT 10

**Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:****Schedule of Classes Information:**

Description: Appropriate diet therapy for stages of the life cycle and the stress conditions of disease. Intended for students in nursing and other healthcare fields who have completed an introductory nutrition course that did not cover diet therapy. (Grade Only)

Prerequisites/Corequisites: Course Completion of FDNT 10

Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Transfer Credit:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:

<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
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<b>CSU Transfer:</b>	Effective:	Inactive:
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<b>UC Transfer:</b>	Effective:	Inactive:
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**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

**Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Assess the nutritional needs of specific disease states or altered physiological conditions and apply appropriate dietary recommendations.
2. Identify physiological factors that affect the delivery of adequate nutrition to patients and apply appropriate diet therapy modalities.

**Objectives:**

Upon completion of this course, students will be able to:

1. Assess a person's energy balance and explain one or more appropriate tools for weight management.
2. Evaluate a personal food intake and identify areas of over and/or under nutrition and potential problems related to these deficiencies.
3. Describe diets appropriate for different stages of the life cycle.
4. Assess the nutritional needs of a hospitalized patient and recognize the rationale behind various modified diets ordered for given diseases or medical conditions.
5. Recognize the relationship of drug and nutrient interaction to a patient's nutritional status.
6. Make judgments and draw logical conclusions related to a person's dietary intake and nutritional needs.

**Topics and Scope:**

1. Community nutrition and nutrition in the life cycle
  - a. Pregnancy, lactation, infants, children, teens, adults, older adult
  - b. Eating disorders
  - c. Diseases associated with the older adult
  - d. Energy metabolism for under and over weight

2. Diet therapy for patients
  - a. Nutritional assessment of patients
  - b. Diet therapy for disease related to the GI tract
  - c. Diet therapy requirements for chronic disease conditions
    - 1) diabetes mellitus
    - 2) cardiovascular disease
    - 3) liver disease
    - 4) renal disease
    - 5) cancer
  - d. Texturally modified diets
  - e. Enteral and parenteral nutrition
  - f. Drug/diet interactions

**Assignment:**

1. Evaluate nutrition needs of patients described in case studies and write nutrition care plans applying appropriate diet therapy recommendations.
2. Student completes a three-day food diary record and analyze food record using a computer-generated diet analysis program; evaluate and assess the nutritional adequacy of the diet, in a written format.
3. Weekly assigned reading in text and related publications, approximately 40-50 pages per week.
4. Two mid-term exams and one comprehensive final.

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written nutrition care plans; written assessment of the nutritional adequacy of the student's diet.

Writing  
10 - 30%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Case studies, analysis of personal diet.

Problem solving  
10 - 30%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

None

Skill Demonstrations  
0 - 0%

**Exams:** All forms of formal testing, other than skill performance exams.

Objective exams - multiple choice, True/False, matching, short answer  
Final exam

Exams  
30 - 50%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Computer generated diet analysis

Other Category  
15 - 30%

**Representative Textbooks and Materials:**

Nutrition For Health & Health Care, L.K.

DeBruyne & K Pinna; Wadsworth/Cengage Learning,5th edition,2014.

A good medical dictionary (e.g. Tabers).