

CORE COURSE VII : DIETETICS – I

UNIT – I

Definition of Dietitian, Goals of Diet Theraph

- a. Role of Dietitian in the hospital and community education and personal qualification, Professional ethics and obligation.
- b. Therapeutic adaptations of the normal diet, Routine hospital diets – Regular, Light, soft, full fluid, clear fluid diet.
- c. Specially modified therapeutic diets, High calorie low calorie, high and low protein, bland, high and low residue diets, Planning and Calculation.

UNIT – II

- a. Modification of diet according to medical prescription and dietary habits of the patient.
- b. Feeding the patient, psychology of feeding the patient. Assessment of the patients needs.
- c. Nutritional assessment of patient, objectives of Nutritional care process.

UNIT – III

- a. Special Feeding: Intravenous, tube feeding, gastrostomy and jejunostomy.
- b. Diet in relation to deficiency diseases protein-calorie deficiency, Iron and Vit.A deficiency.
- c. Diet in overweight and underweight conditions.

UNIT – IV

1. Modification of diet in fevers of short and long duration.
2. Diseases of the gastro intestinal tract. Diarrhea, Dysentery, constipation, peptic ulcer, gastritis, Malabsorption syndrome.

UNIT – V

1. Diseases of liver – fatty liver, hepatitis, cirrhosis, Hepatic coma.
2. Diseases of gall, bladder – Cholecystitis and Cholelithiasis.
3. Diet in allergy and skin disturbances, skin tests, elimination diets.

Text Book

1. Swaninathan M., Advanced Text Book on Food and Nutrition, Vol.II. BAPPOO, No.88, Mysore Road, Bangalore, 1985.
2. Corinne H.Robinson, M.R.Lawber, W.L.Chenoweth and A.E.Garwick, Normal and Therapeutic Nutrition 7th edn., Mc.Millan Publishing company, New York , 1986.

References

1. E.N.Whitney and C.B.Cataldo, Understanding normal and clinical Nutrition, West Publishing Company, New York, 1983.
2. M.V.Krause and L.K.Mohan, Food, Nutrition and Diet Therapy W.B. Saunders company, Philadelphia, 1984.
3. R.Passmore and M.A.East Wood, Human Nutrition and Dietetics, English Language Book Society/Chrchill, Livingstone, 1987.