

Jordan University of Science and Technology
Faculty of Agriculture
Department of Nutrition and Food Technology
Semester 2007

Course Information	
Course Title	Nutritional Case Evaluation
Course Number	NF 486
Prerequisites	NF 381
Course Website	
Instructor	Bayan Obeidat, PhD
Office Location	C4L3
Office Phone	22205
Office Hours	
E-mail	Obeidatb@just.edu.jo
Teaching Assistant	
Course Description	

Text Book	
References	<ol style="list-style-type: none"> 1. American Dietetic Association. Manual of Clinical Dietetics. ADA, 6th ed., Chicago, IL. 2. Pronsky, Z.M. Food, Medication Interactions, 12th ed. Birchrunville, PA. 3. Rolfes SR, Pinna K, and Whitney E. <u>Understanding Normal and Clinical Nutrition</u>, 7th ed. 2006. Thomson Wadsworth. 4. Mahan and Escott-Stump. Food, Nutrition, and diet therapy, 11th ed. 2004.

Assessment Policy		
Assessment Type	Expected Due Date	Weight
First Exam		30%
Written case study		25%
Final Exam		40%
Assignments		5%

Course Objectives	Weights
<ul style="list-style-type: none"> • Applying concepts of nutritional assessment (Anthropometric, biochemical (laboratory), clinical, medical and social history and dietary parameters) to evaluate nutritional status of a hospitalized patient with certain disease. 	
<ul style="list-style-type: none"> • Developing individualized nutrition care plans (including diet modification and nutrition counseling) for a hospitalized patient. 	
<ul style="list-style-type: none"> • Understanding possible interactions between medications and foods. 	
<ul style="list-style-type: none"> • Understanding the physiological and biochemical changes, and the role of diet therapy for selected conditions and diseases 	

Teaching & Learning Methods
WRITTEN CASE STUDY

Useful Resources
LabTop
PowerPoint

Course Content		
Week	Topics	Chapter in Text (handouts)
1	Nutrition and renal diseases	
	Nutrition assessment of adults	
	Pediatric nutrition assessment	
	Food medication interactions	
	Nutrition support for acute stress	
	Selected topics in medical-nutrition therapy	

Additional Notes

WRITTEN CASE STUDY

1. You will select one of the cases that you have been seen during the training in the hospital
2. You will use the information that collected as a ground work for an in-depth discussion of the condition/disease and nutrition concerns and therapy. Your discussion must include the following
 - Brief introduction on the relevant aspects of the disease/complications .
 - Pathophysiology and metabolic alterations of the disease
 - Evaluating and interpretation of the nutritional assessment and clinical findings
 - i. Patient facts
 - ii. Social history
 - iii. Medical history
 - iv. Medications (Drug-nutrient interaction)
 - v. Anthropometric data
 - vi. Laboratory values
 - vii. Usual dietary intake
 - Nutritional goals
 - Planning meal pattern for 3 days
 - Developing individualized nutrition counseling and recommendations for patient.

PROCEDURES

1. Gather relevant information or data
 - a. The patient's medical records of
 - i. Name, sex, age, weight, and height
 - ii. Date of admission
 - iii. Chief complaints, clinical history.
 - iv. Socio-economic status
 - v. Medications
 - vi. Laboratory examination
 - vii. Physician diagnosis
 - b. The patient himself:
 - i. Gather information on usual food intake, food preferences, appetite, dental or oral health, and allergies.