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Federal State Autonomous Educational Institution for Higher Education

**PEOPLES' FRIENDSHIP UNIVERSITY OF RUSSIA
RUDN University**

Medicine Institute

educational division (faculty/institute/academy) as higher education programme developer

COURSE SYLLABUS

BASICS OF MEDICAL NUTRITION THERAPY

(Course title)

Recommended by the Didactic Council for the Education Field of:

31.05.01 General Medicine

field of studies / speciality code and title

The course instruction is implemented within the professional education programme of higher education:

General Medicine

higher education programme profile/specialisation title

2022

1. THE GOALS OF MASTERING THE DISCIPLINE

The aim of the course «**Basics of medical nutrition therapy**» is to study the theoretical and practical foundations of nutrition for therapeutic purposes in various diseases.

2. REQUIREMENTS TO LEARNING OUTCOMES

The course «**Basics of medical nutrition therapy**» is expected to contribute to the development of the following skills: **GPC-2, PC-3**

Table 2.1. The list of competencies formed by students during the development of the discipline (results of the mastering of the discipline)

Competence code	Competences	Indicators of Competence Formation (within the framework of this discipline)
GPC-2	Being able to monitor the effectiveness of preventive measures, healthy lifestyle formation and sanitary and hygienic education of the population	GPC-2.1. Being able to analyse the awareness of the population of a healthy lifestyle and medical literacy. GPC-2.2. Being able to develop a plan of organizational and methodical measures aimed at increasing the awareness of the population of a healthy lifestyle, its literacy concerning disease prevention issues.
PC-3.	Being able to prescribe treatment and monitor its efficacy and safety	PC-3.1. Being able to develop a treatment plan for a disease or condition taking into account the diagnosis, age and clinical picture in accordance with the current procedures for the provision of medical care, clinical guidelines (treatment protocols) on the provision of medical care taking into account the standards of medical care. PC-3.3. Being able to prescribe non-drug treatment taking into account the diagnosis, age and clinical picture of the disease in accordance with the current procedures for the provision of medical care, clinical guidelines (treatment protocols) on the provision of medical care taking into account the standards of medical care.

3. THE COURSE IN THE HIGHER EDUCATION PROGRAMME STRUCTURE

The course «**Basics of medical nutrition therapy**» refers to the Compulsory Disciplines of block B4.

Within the framework of the Educational Program, students also master other disciplines and/or practices that contribute to expected learning outcomes of the course «**Basics of medical nutrition therapy**».

Table 3.1. List of Higher Education Programme disciplines that contribute to expected learning outcomes

Competence code	Competence	Previous Disciplines	Subsequent Disciplines
GPC-2	Being able to monitor the effectiveness of preventive measures, healthy lifestyle formation and sanitary and hygienic education of the population	Hygiene	
PC-3.	Being able to prescribe treatment and monitor its efficacy and safety	General surgery, Dermatovenereology, Otorhinolaryngology, Practice of a surgical profile: assistant surgeon	Neurology, medical genetics, neurosurgery Faculty Surgery Occupational diseases Hospital therapy Endocrinology Outpatient therapy Hospital surgery, pediatric surgery Pediatrics Practice of a surgical profile: assistant surgeon Physician Assistant: Physician Assistant Practice of general medical profile: assistant doctor of an outpatient clinic

4. THE DISCIPLINE WORKLOAD AND ACADEMIC ACTIVITIES

The total workload of the discipline «**Basics of medical nutrition therapy**» is equal to 1 credits.

Table 4.1. Types of academic activities during the period of the HE programme mastering

Types of academic activities	TOTAL, academic hours (ac.h)	Semester(s)	
		8	
<i>Contact academic hours</i>	30	30	
Including:			
Lectures (LC)			
Lab work (LW)	30	30	
Seminars (workshops/tutorials) (S)			
<i>Self-study, academic hours</i>	6	6	
<i>Evaluation and assessment (exam or pass/fail grading)</i>	-	-	
Course workload	academic hours	36	36
	credits	1	1

5. THE COURSE MODULES AND CONTENTS

Table 5.1. The content of the discipline and types of academic activities

Modules and Topics	Content of the topics	Type of academic activities
Module 1 Fundamentals of rational nutrition	Topic 1.1. General aspect of nutrition in a healthy person. Norms of physiological requirements in energy and nutrients.	LW
	Topic 1.2. Energy expenditure refers to the amount of energy an individual uses to maintain essential body functions (respiration, circulation, digestion) and as a result of physical activity. Total daily energy expenditure is determined by resting or basal metabolic rate (BMR), food-induced thermogenesis, and energy expended as a result of physical activity.	LW
	Topic 1.3. Minor food components. Protective food.. Anti-nutrients and other foods components that have an adverse effect on the body. Chemical changes during cooking, processing and storage of food.	LW
	Topic 1.4. Characterization of nutritionally relevant food groups and their products.	LW
Module 2 Fundamentals of clinical nutrition. Nomenclature of standard diets for catering for adult patients in medical organizations	Topic 2.1. The position of clinical nutrition in the treatment and prevention and treatment of diseases.	LW
	Topic 2.2. The main variations of standard diet (ATD). A variant of the diet with mechanical and chemical sparing (SHD). High-protein diet (HPA). Low- Protein Diet (LPD). Llow calorie diet (NCD) diet. High-calorie diet (EVA).	LW
Module 3 Nutrition of various population groups.	Topic 3.1. Maternal nutrition: nutrition for pregnant and lactating women.	LW
	Topic 3.2. Nutrition Concerns for Aging Populations.	LW
	Topic 3.3. Enteral and parenteral nutrition.	LW
Module 4 Therapeutic nutrition for certain diseases	Topic 4.1. Therapeutic nutrition for gastrointestinal disorders.	LW
	Topic 4.2. Medical Nutrition Therapy in liver Disease	LW
	Topic 4.3. Nutrition in pancreatic diseases	LW
	Topic 4.4. Nutritional Considerations of Cardiovascular Diseases	LW
	Topic 4.5. Nutritional factors in respiratory disease	LW

Modules and Topics	Content of the topics	Type of academic activities
	Topic 4.6. Nutritional Management of Renal Disease	LW
	Topic 4.7. Therapeutic nutrition in endocrine and metabolic diseases.	LW
	Topic 4.8. The role of nutritional aspects in allergic diseases.	LW
	Topic 4.9. The main principles of therapeutic nutrition for joint diseases.	LW

6. CLASSROOM EQUIPMENT AND TECHNOLOGY SUPPORT REQUIREMENTS

Table 6.1. Logistical and material provision of the discipline

Classroom for Academic Activity Type	Classroom Equipment	Specialized educational/laboratory equipment, software and materials for the mastering of the discipline
Learning-and Research Lab	Lab Classroom equipped with specialized furniture (classrooms n.441)	A set of specialized furniture; whiteboard; a set of devices includes multimedia projector, laptop, projection screen, stable wireless Internet connection. Software: Microsoft Windows, MS Office / Office 365, MS Teams, Chrome (latest stable release), Microscopes
Learning-and Research Lab	Classrooms equipped with a set of specialized furniture (classrooms n.441)	A set of specialized furniture; whiteboard; a set of devices includes multimedia projector, laptop, projection screen, stable wireless Internet connection. Software: Microsoft Windows, MS Office / Office 365, MS Teams, Chrome (latest stable release)
Classroom for students self-studies	Classroom for self-studies of students (can be used for seminars and consultations), equipped with a set of specialized furniture, microscopes and computers with stable wireless Internet connection: (classrooms n.441)	A set of specialized furniture; whiteboard; a set of devices includes multimedia projector, laptop, projection screen, stable wireless Internet connection. Software: Microsoft Windows, MS Office / Office 365, MS Teams, Chrome (latest stable release)

7. RECOMMENDED SOURCES FOR COURSE STUDIES

Main reading:

1. Aljaaly E.A., Khalifa N.A., Naaman R.K. et.al. Cases on Medical Nutrition Therapy for Gastrointestinal Disorders. 2020, 254 p. DOI:10.4018/978-1-7998-3802-9
2. Sharma A. Principles of Therapeutic Nutrition and Dietetics. / Published by CBS PUBLISHERS AND DISTRIBUTORS PVT LTD. 2017, 632 p.
3. Behan E. Therapeutic Nutrition: A Guide To Patient Education. - Published by Lippincott Williams & Wilkins. 2005, 368 p. ISBN-13 : 978-1582553801
4. Indrani Tk. Manual of Nutrition & Therapeutic Diet. - Published by Jaypee Brothers Medical Pub; 2nd edition. 2017. 388 p. ISBN-13 : 978-9386261601
- 5.

Additional reading:

1. Indrani Tk. Nursing Manual of Nutrition and Therapeutic Diet. - Published by Jp Medical Ltd. 2005, 376 p. ISBN-13 : 978-8180611209
2. Buchman A. Clinical Nutrition in Gastrointestinal Disease. - Published by Slack Incorporated; 1st edition/ 2006. 672 p. ISBN-13 : 978-1556426971
3. Cardiovascular Diseases: Nutritional and Therapeutic Interventions / Edited By N. Maulik. Published by CRC Press. 2013, 614 p.

Internet sources:

1. Electronic libraries with access for RUDN students:

- RUDN online library <http://lib.rudn.ru/MegaPro/Web>
- Royal Society of Chemistry <http://pubs.rsc.org/>
- Scientific electronic library: - <http://elibrary.ru>
- Nature - <http://www.nature.com/siteindex/index.html>
- OxfordJournals - <https://academic.oup.com/journals/>
- <http://www.biblioclub.ru>
- <http://www.biblio-online.ru>
- www.studentlibrary.ru
- <http://e.lanbook.com/>

1. Databases and search engines:

- National Center for Biotechnology Information (NCBI) - www.ncbi.nlm.nih.gov
- ScienceDirect - <http://www.sciencedirect.com>
- Google Academy - <http://scholar.google.ru/>
- SCOPUS <http://www.scopus.com/>

Learning toolkits for self-studies during the development of the discipline

1. Lectures Synopsis on the discipline «**Basics of medical nutrition therapy**».
2. Methodological guidelines for the implementation and execution of control and independent work on the discipline «**Basics of medical nutrition therapy**»

* - All teaching materials for self-studying of students are placed in accordance with the current procedure on the discipline page in the RUDN LMS TUIS.

8. EVALUATION TOOLKIT AND GRADE SYSTEM FOR ASSESSMENT

Evaluation Toolkit (ET) and a point-rating system (PRS)* for assessment the level of competence formation (part of competencies) based on the results of mastering the discipline «Basics of medical nutrition therapy» are presented in the Appendix to this Work Program of the discipline.

* - ET and PRS are formed on the basis of the requirements of the relevant local regulatory act of the RUDN

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