

Документ подписан простой электронной подписью
Информация о владельце:
ФИО: Ястребов Олег Александрович
Должность: Ректор
Дата подписания: 25.01.2024 18:55:15
Уникальный программный ключ:
ca953a0120d891083f939673078ef1a989dae18a

**Federal State Autonomous Educational Institution of Higher
Education PEOPLES' FRIENDSHIP UNIVERSITY OF RUSSIA
named after Patrice Lumumba
RUDN University**

Institute of Medicine

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

COURSE SYLLABUS

Basics of Nutritionoal 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

1. COURSE GOAL(s)

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

2. REQUIREMENTS FOR LEARNING OUTCOMES

Mastering the course (module) «Basics of nutritional therapy» is aimed at the development of the following competences /competences in part: GPC-2, PC-3

Table 2.1. List of competences that students acquire through the course study

Competence code	Competence descriptor	Competence formation indicators (within this course)
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. COURSE IN HIGHER EDUCATION PROGRAMME STRUCTURE

The course refers to the core/variable/elective* component of (B1) block of the highereducational programme curriculum.

* - Underline whatever applicable.

Within the higher education programme students also master other (modules)

and / or internships that contribute to the achievement of the expected learning outcomes as results of the course study.

Table 3.1. The list of the higher education programme components/disciplines that contribute to the achievement of the expected learning outcomes as the course study results

Competence code	Competence descriptor	Previous courses/modules*	Subsequent courses/modules*
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. COURSE WORKLOAD AND ACADEMIC ACTIVITIES

The total workload of the course «Basics of nutritional therapy» is equal to 1 credit (36 academic hours).

*Table 4.1. Types of academic activities during the periods of higher education programme mastering (**full-time training**)**

Type of academic activities	Total academic hours	Semesters/training modules	
		8	
Classroom learning, <i>ac.h</i>	30	30	

Including:				
Lectures (LC)				
Lab work (LW)		30	30	
Seminars (workshops/tutorials) (S)				
Self-studies, academic hours		6	6	
Evaluation and assessment (exam or pass/fail grading)				
Course workload	Academic hours	36	36	
	credits	1	1	

5. COURSE CONTENTS

Table 5.1. Course contents and academic activities types

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.	
	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.	
	Topic 1.4. Characterization of nutritionally relevant food groups and their products.	LW
Module 2 Fundamentals of clinical	Topic 2.1. The position of clinical nutrition in the treatment and prevention and treatment of diseases.	LW

nutrition. Nomenclature of standard diets for catering for adult patients in medical organizations	Topic 2.2. The main variations of standard diet A variant of the diet with mechanical and chemical sparing (SHI). High-protein diet (HPA). Low- Protein Diet (LPD). Low 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. Classroom equipment and technology support requirements

Type of academic activities	Classroom equipment	Specialised educational / laboratory equipment, software, and materials for course study (if necessary)

Lab work	Lab Classroom equipped with specialized furniture (classrooms	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), Microsoft
Lab work	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)
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	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. RESOURCES RECOMMENDED FOR COURSE STUDY

Main readings:

1. Aljaaly EA., Khalifa N.A., Naaman RK. et.al. Cases on Medical Nutrition Therapy for Gastrointestinal Disorders. 2020, 254 p. 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 readings:

1. Indrani Tk. Nursing Manual of Nutrition and Therapeutic Diet. - Published by Jp Medical Ltd. 2005. 376 p. ISBN-13 : 978-818061 1209
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-(based) 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://wevw.nature.com/siteindex/index.html> _ OxfordJournals - <https://academic.oup.com/journals/> _ <http://wv.vbiblioclub.ru> _ <http://wv.vbiblio-online.ru> _ wv.vstudentlibrary.ru _ <http://e.lanbook.com/>

1. Databases and search engines:

██████████ National Center for Biotechnology Information (NCBI) - www.ncbi.nlm.nih.gov

██████████ ScienceDirect - <http://wv.vsciencedirect.com>

██████████ Google Academy - <http://scholar.google.ru/>

██████████ SCOPUS <http://www.scopus.com/>

1. Electronic libraries with access for RUDN students:

- Electronic library network of RUDN – ELN RUDN

<http://lib.rudn.ru/MegaPro/Web>

- ELN “University library online” <http://www.biblioclub.ru>

- ELN Urait <http://www.biblio-online.ru>

- ELN «Student Advisor» www.studentlibrary.ru

- ELN «Lan» <http://e.lanbook.com/>

- ELS «Троицкий мост»

2. Databases and search engines:

- electronic database of legal, regulatory and technical documentation <http://docs.cntd.ru/>

- Yandex search engine <https://www.yandex.ru/>

- Google search engine <https://www.google.ru/>

- abstract database SCOPUS <http://www.elsevierscience.ru/products/scopus/>

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

1. Presentations on the discipline “Basics of nutritional therapy”.

2. Methodological guidelines for the implementation and execution of control and independent work on the discipline “Basics of nutritional therapy”.

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

*Training toolkit for self- studies to master the course *:*

1. The set of lectures on the course “Basics of Childhood Nutrition”

* The training toolkit for self- studies to master the course is placed on the course page in the university telecommunication training and information system under the set procedure.

1. 8. ASSESSMENT TOOLKIT AND GRADING SYSTEM*
FOR EVALUATION OF STUDENTS' COMPETENCES LEVEL UPON
COURSE COMPLETION

The assessment toolkit and the grading system* to evaluate the competences formation level (GPC-2, GPC-3) upon the course study completion are specified in the Appendix to the course syllabus.

* The assessment toolkit and the grading system are formed on the basis of the requirements of the relevant local normative act of RUDN University (regulations / order).

DEVELOPER:

Professor,

Department of Nursing management
activities



Khanferyan R.A.

HEAD OF THE DEPARTMENT:

Department of Nursing management
activities



Radysh I.V.

HEAD OF THE Higher Education Program:

Vice Director MI



Radysh I.V.