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**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 Nutritional 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.

1. REQUIREMENTS FOR LEARNING OUTCOMES

Mastering the course (module) “Basics of Nutritional Therapy” is aimed at the development of the following competences /competences in part: 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)
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 higher educational 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*
PC-3.		General surgery, Dermatovenereology, Otorhinolaryngology,	Neurology, medical genetics, neurosurgery Faculty Surgery

Competence code	Competence descriptor	Previous courses/modules*	Subsequent courses/modules*
	Being able to prescribe treatment and monitor its efficacy and safety	Practice of a surgical profile: assistant surgeon	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

* To be filled in according to the competence matrix of the higher education programme.

4. COURSE WORKLOAD AND ACADEMIC ACTIVITIES

The total workload of the course “Basics of Nutritional Therapy” is 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	
<i>Contact academic hours</i>	30	30	
Including:			
Lectures (LC)			
Lab work (LW)			
Seminars (workshops/tutorials) (S)	30	30	
<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

* To be filled in regarding the higher education programme correspondence training mode.

5. COURSE CONTENTS

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

Course module title	Course module contents (topics)	Academic activities types
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 (micronutrients). Anti-nutrients and other nutritional components that have an adverse effect on functions of human organism. Chemical changes in food products during cooking, processing and storage of food.	LW
	Topic 1.4. Characterization of nutritionally relevant food groups (macronutrients) and their components.	LW
Module 2 Fundamentals of clinical nutrition. Nomenclature of standard diets for catering for adult patients in medical organizations	Topic 2.1. Basic information on clinical nutrition in the treatment and prevention and treatment of diseases.	LW
	Topic 2.2. The main types of standard diet. A variant of the diet with mechanical and chemical sparing (MCSD). High-protein diet (HPD). Low-Protein Diet (LPD). Low-calorie diet (LCD) diet. High-calorie diet (HCD).	LW
Module 3 Nutrition of various population groups.	Topic 3.1. Maternal nutrition: nutrition for pregnant and lactating women.	LW
	Topic 3.2. Nutrition for different aging groups.	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 Diseases	LW
	Topic 4.3. Nutrition in pancreatic diseases	LW
	Topic 4.4. Nutritional Considerations of Cardiovascular Diseases	LW
	Topic 4.5. Nutrition in Respiratory diseases	LW
	Topic 4.6. Nutritional Management of Renal Disease	LW
	Topic 4.7. Therapeutic nutrition in endocrine and metabolic diseases.	LW

Course module title	Course module contents (topics)	Academic activities types
	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

* - to be filled in only for **full**-time training: *LC* - lectures; *LW* - lab work; *S* - seminars.

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)
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)
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)

* The premises for students' self-studies are subject to **MANDATORY** mention

7. RESOURCES RECOMMENDED FOR COURSE STUDY

Main readings:

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. **Health Professional's Guide to Dietary Supplements. Editor, Taylor C. Wallace ; Publisher, Academy of Nutrition and Dietetics, 2023 ; ISBN, 0880912138, 9780880912136**
6. R.S. Gibson. "Principles of Nutritional Assessment" 3rd edition, 2024
7. Health Professional's Guide to Gastrointestinal Nutrition, Ed. Laura E. Matarese, Gerard E. Mullin, Kelly A. Tappenden. 2nd Ed. 2024

Additional readings:

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 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-studying of students are placed in accordance with the current procedure on the discipline page in the RUDN LMS TUIS.

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, PC-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).

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