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**Federal State Autonomous Educational Institution for Higher Education  
Peoples' Friendship University of Russia named after Patrice Lumumba  
RUDN University**

*Institute of Medicine*

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

**COURSE SYLLABUS**

**BASICS OF MEDICAL NUTRITION THERAPY**

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course title

**Recommended by the Didactic Council for the Education Field of:**

**31.05.01 General Medicine**

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field of studies / speciality code and title

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

**General Medicine**

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higher education programme profile/specialisation title

**2025**

## 1. COURSE GOAL(s)

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 FOR 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. List of competences that students acquire through the course study*

<b>Competence code</b>	<b>Competence descriptor</b>	<b>Competence formation indicators (within this course)</b>
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 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*
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

\* 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 medical nutrition therapy**» is equal to 1 credits (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>	<b>30</b>	<b>30</b>	
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>	-	-	
<b>Course workload</b>	academic hours	<b>36</b>	<b>36</b>
	credits	<b>1</b>	<b>1</b>

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

## 5. COURSE CONTENTS

Table 5.1. Course contents and academic activities types

Course module title	Course module contents (topics)	Academic activities types
<b>Module 1</b> Fundamentals of rational nutrition	<b>Topic 1.1.</b> General aspect of nutrition in a healthy person. Norms of physiological requirements in energy and nutrients.	<b>LW</b>
	<b>Topic 1.2.</b> 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.	<b>LW</b>
	<b>Topic 1.3.</b> 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.	<b>LW</b>
	<b>Topic 1.4.</b> Characterization of nutritionally relevant food groups and their products.	<b>LW</b>
<b>Module 2</b> Fundamentals of clinical nutrition. Nomenclature of standard diets for catering for adult patients in medical organizations	<b>Topic 2.1.</b> The position of clinical nutrition in the treatment and prevention and treatment of diseases.	<b>LW</b>
	<b>Topic 2.2.</b> 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).	<b>LW</b>
<b>Module 3</b> Nutrition of various population groups.	<b>Topic 3.1.</b> Maternal nutrition: nutrition for pregnant and lactating women.	<b>LW</b>
	<b>Topic 3.2.</b> Nutrition Concerns for Aging Populations.	<b>LW</b>
	<b>Topic 3.3.</b> Enteral and parenteral nutrition.	<b>LW</b>
<b>Module 4</b> Therapeutic nutrition for certain diseases	<b>Topic 4.1.</b> Therapeutic nutrition for gastrointestinal disorders.	<b>LW</b>
	<b>Topic 4.2.</b> Medical Nutrition Therapy in liver Disease	<b>LW</b>
	<b>Topic 4.3.</b> Nutrition in pancreatic diseases	<b>LW</b>
	<b>Topic 4.4.</b> Nutritional Considerations of Cardiovascular Diseases	<b>LW</b>
	<b>Topic 4.5.</b> Nutritional factors in respiratory disease	<b>LW</b>

Course module title	Course module contents (topics)	Academic activities types
	<b>Topic 4.6.</b> Nutritional Management of Renal Disease	<b>LW</b>
	<b>Topic 4.7.</b> Therapeutic nutrition in endocrine and metabolic diseases.	<b>LW</b>
	<b>Topic 4.8.</b> The role of nutritional aspects in allergic diseases.	<b>LW</b>
	<b>Topic 4.9.</b> The main principles of therapeutic nutrition for joint diseases.	<b>LW</b>

\* - 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)
Lab work	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
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 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.

### *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://www.studentlibrary.ru)
  - <http://e.lanbook.com/>

### 1. Databases and search engines:

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

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

1. The set of lectures on the course «**Basics of nutritional therapy**».
2. The laboratory workshop (if any) on the course «**Basics of nutritional therapy**»
3. The guidelines for writing a course paper / project (if any) on the course **Basics of nutritional therapy**»
4. ....

\* 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.

## **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.

### **DEVELOPER:**

Professor, Department of Nursing management activities		Khanferyan R.A.
_____	_____	_____
position, department	signature	name and surname

### **HEAD OF EDUCATIONAL DEPARTMENT:**

Department of Nursing management activities		Radysh I.V.
_____	_____	_____
name of department	signature	name and surname

### **HEAD OF HIGHER EDUCATION PROGRAMME:**

Vice Director of Institute of Medicine		Sturov N.V.
_____	_____	_____
position, department	signature	name and surname