

Course E-Syllabus

1	Course title	Clinical Nutrition
2	Course number	5701209
3	Credit hours	3
	Contact hours (theory, practical)	3
4	Prerequisites/corequisites	Biochemistry
5	Program title	BSc Nursing
6	Program code	
7	Awarding institution	The University of Jordan-Aqaba
8	School	Nursing
9	Department	Nursing
10	Level of course	2
11	Year of study and semester (s)	2
12	Final Qualification	
13	Other department (s) involved in teaching the course	No
14	Language of Instruction	English
15	Teaching methodology	<input type="checkbox"/> Blended <input checked="" type="checkbox"/> Online
16	Electronic platform(s)	<input checked="" type="checkbox"/> Moodle <input type="checkbox"/> Microsoft Teams <input type="checkbox"/> Skype <input checked="" type="checkbox"/> Zoom <input type="checkbox"/> Others.....
17	Date of production/revision	23 June 2020

18 Course Coordinator:

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20 Course Description:

Fundamentals related to nutrients & energy with respect to digestion, absorption, metabolism, functions, dietary sources, diseases of malnutrition and requirements throughout the life cycle; ; assessment of nutritional status, formulation and planning diets, nutrition, counselling, and use of therapeutic diets in the management of common diseases of different body systems & selected chronic diseases of affluence.

21 Course aims and outcomes:

A- Aims: This is an introduction to the interrelationships among nutrition, food and the environment and their impact on the health status of individuals. Emphasis placed on the multiple factors that influence food intake and the nutritional processes and affect the optimal physiological functioning. Throughout this course, the role and function of nursing in health promotion and wellness during the life cycle will be discussed.

B- Intended Learning Outcomes (ILOs):

Upon successful completion of this course, students will be able to:

I. Recognize the appropriate evidence based nutritional related knowledge.

- Identify the major areas of nutritional assessment and functions that influence dietary patterns.
- Recognize the importance of using nutrition in health promotion and disease prevention.
- Describe the cultural, social and psychological factors that influence food behaviors.

II. Demonstrate various nutritional guidelines across -health and illness.

- Discuss the major areas of nutritional assessment and functions that influence dietary patterns
- Develop a nutritional nursing care plan for clients across life span and with different health problems in clinical areas.

III. Elaborate nursing skills to handle food-related issues at different developmental stages.

- Calculate the calories content of foods based on their carbohydrate, protein, fat, and /or alcohol content.
- Design nutritional intervention used in the treatment of different disorders.

IV. Use the appropriate generic (key) skills in relation to nutrition and nutritional status at different levels of care.

- Appraise the problem solving process to promote health maintenance.
- Integrate the nursing process as an approach for care of healthy clients and for managing the health problems that affect the clients' nutritional needs.

22. Topic Outline and Schedule:

Week	Lecture	Topic	Teaching Methods*/platform	Evaluation Methods**	References
1	1.1	Nutrition in nursing	Distance Learning	Assignment and Quizzes	Dudek, S.G, 10 th edition
	1.2	Carbohydrates	Distance Learning	Assignment and Quizzes	Dudek, S.G, 10 th edition
	1.3	Protein	Distance Learning	Assignment and Quizzes	Dudek, S.G, 10 th edition
2	2.1	Lipids	Distance Learning	Assignment and Quizzes	Dudek, S.G, 10 th edition
	2.2	Vitamins.	Distance Learning	Assignment and Quizzes	Dudek, S.G, 10 th edition
	2.3	Water and minerals	Distance Learning	Assignment and Quizzes	Dudek, S.G, 10 th edition
3	3.1	Energy metabolism	Distance Learning	Assignment and Quizzes	Dudek, S.G, 10 th edition
	3.2				
	3.3				
4	4.1	Guidelines for healthy eating	Distance Learning	Assignment and Quizzes	Dudek, S.G, 10 th edition
	4.2	Cultural, ethnic, religious influences on food and nutrition	Distance Learning	Assignment and Quizzes	Dudek, S.G, 10 th edition
	4.3	Healthy eating for healthy babies	Distance Learning	Assignment and Quizzes	Dudek, S.G, 10 th edition
5	5.1	Nutrition for infants, children and adolescents	Distance Learning	Assignment and Quizzes	Dudek, S.G, 10 th edition
	5.2	Obesity and eating disorders	Distance Learning	Assignment and Quizzes	Dudek, S.G, 10 th edition
	5.3	Feeding Patients: oral diets and enteral and parenteral nutrition	Distance Learning	Assignment and Quizzes	Dudek, S.G, 10 th edition
6	6.1	Nutrition for patients with upper gastrointestinal disorders	Distance Learning	Assignment and Quizzes	Dudek, S.G, 10 th edition
	6.2				
	6.3				
7	7.1	Nutrition for Patients with lower GI disorders and accessory organs	Distance Learning	Assignment and Quizzes	Dudek, S.G, 10 th edition

	7.2	Nutrition for patients with diabetes mellitus	Distance Learning	Assignment and Quizzes	Dudek, S.G, 10th edition
	7.3		Distance Learning	Assignment and Quizzes	Dudek, S.G, 10th edition
8	8.1	Nutrition for patients with cardiovascular disorders	Distance Learning	Assignment and Quizzes	Dudek, S.G, 10th edition
	8.2	Nutrition for patients with kidney disorders	Distance Learning	Assignment and Quizzes	Dudek, S.G, 10th edition
	8.3				

- Teaching methods include: Synchronous lecturing/meeting; Asynchronous lecturing/meeting
- Evaluation methods include: Homework, Quiz, Exam, pre-lab quiz...etc

23 Evaluation Methods:

Opportunities to demonstrate achievement of the ILOs are provided through the following assessment methods and requirements:

Evaluation Activity	Mark	Topic(s)	Period (Week)	Platform
Quiz 1	15	1-6	3 rd week	Microsoft Form
Quiz 2	15	7- 10	6 th week	Microsoft Form
Assignment	20	Any	10 th week	Moodle
Final Exam	50	All contents		On campus

24 Course Requirements (e.g: students should have a computer, internet connection, webcam, account on a specific software/platform...etc):

**Computer
Internet connection**

25 Course Policies:

A- Attendance policies:

B- Absences from exams and submitting assignments on time:

C- Health and safety procedures:

D- Honesty policy regarding cheating, plagiarism, misbehavior:

E- Grading policy:

F- Available university services that support achievement in the course:

26 References:

A- Required book(s), assigned reading and audio-visuals:

Dudek, S.G. (2014). *Essentials for Nursing Practice*, 7th edition, Philadelphia, J.B. Lippincott.

B- Recommended books, materials and media:

Peckenpaugh, N. J. (2007). *Nutrition essentials and diet therapy*, 10th edition, Saunders, Elsevier.

27 Additional information:

[Empty box for additional information]

Name of Course Coordinator: Dr Mahmoud Al Kalaldehy Signature: ----- Date: 23 June 2020

Head of Curriculum Committee/Department: ----- Signature: -----

Head of Department: ----- Signature: -----

Head of Curriculum Committee/Faculty: ----- Signature: -----

Dean: ----- Signature: -----