



**ASU**  
جامعة العلوم التطبيقية الخاصة  
APPLIED SCIENCE PRIVATE UNIVERSITY



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جامعة كل العرب

**Course Syllabus**  
**Faculty of Pharmacy**

**Academic Department: Clinical Nutrition & Dietetics**

**Academic Year: 2021/2022**

**Semester: Second semester**

<b>Course Title:</b>	Medical Nutrition Therapy (2)
<b>Course No. :</b>	908340
<b>Prerequisite:</b>	908217 (Human Nutrition and Metabolism) 908228 (Meal Planning and Dietetics)
<b>Concurrent :</b>	
<b>Department :</b>	Clinical Nutrition and Dietetics
<b>Coordinator :</b>	Dr.Anfal AL-Dalaeen
<b>Mode of Instruction</b>	Face to Face

**\* Instructor:**

Lecturer	Office Phone	Room No.	Office Hours	E-mail
Anfal AL-Dalaeen		1134	TBA	a_dalaeen@asu.edu.jo

**Course Description**

This course explores a etiologies, diagnosis tools, signs and symptoms, and pathophysiologic correlations of some diseases including diabetes mellitus, cardiovascular diseases, respiratory and renal diseases; Application of medical nutrition therapy in the treatment of some diseases, cardiovascular diseases, and obstructive pulmonary disease and apply and appreciate the role of DASH diet as a dietary tool in the treatment of hypertension.

**Intended Learning Outcomes**

Upon successful completion of this course students will be able to

**A. Knowledge and Understanding (Student should):**

A1- Know the etiologies, diagnosis tools, signs and symptoms and pathophysiologic correlations of certain common diseases included in the syllabus of this course

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- A2- Ability of the students to read and understand the patient file and plan the right diet for the patient.
- A3- Know the right medical nutrition intervention for different disease situations
- A4. Know the drug-nutrient interaction for chronic diseases
- A5- Giving consultation on the right dietary management for disease common diseases included in the syllabus of this course

**B. Intellectual Analytical and Cognitive Skills(Student should):**

- B1- Explain the differences between characteristics of diets in different disease situations
- B2- Relate the clinical signs and symptoms of the disease to the etiology and understand the importance of diet in dealing with such symptoms.
- B3- Assess the patient nutritional status using different nutritional assessment tools.
- B4- Find the relationship between laboratory and anthropometric measurements and the disease symptoms.

**C. Subject- Specific Skills (Student should):**

- C1- Give the right diet for each disease condition
- C2- Apply the exchange list system in diet planning and dietary assessment.
- C3- Apply problem solving strategies such as utilizing cultural food habits and social and economical data in education and counselling of patients.

**D. Transferable Key Skills (Student should):**

- D1- Educate and counsel patients in the use of right diet for each specific disease.
- D2- Produce brochures on diets.
- D3- Prepare a presentation on how make use of local foods in dietary planning.

**Program Learning Outcomes (PLOs):**

**PLO.2:** Apply recent methods and techniques for nutritional assessment, diet planning approaches, and proper medical nutrition therapy for patients with different nutritional related diseases.

Course Learning Outcomes Alignment Matrix				
	CLO. 1 (A1-A5)	CLO. 2 (B1-B3)	CLO. 3 (C1-C3)	CLO. 4 (D1-D2)
		All ILOs		



**Course Contents and Schedule**

Week	Date	Topics to be covered	Method of instruction	CLOs	PLOs
1	March, 2021	Course outline, objectives, outcomes, references and grading system	Asynchronous lecture	-----	---
2,4	March, 2021	<ul style="list-style-type: none"> <li>• <b>Dietary management of type 1 diabetes mellitus (D1M)</b> <ul style="list-style-type: none"> <li>- Epidemiology, etiology, pathophysiology, and clinical manifestation</li> <li>- Diagnosis of DM</li> <li>- Treatment: insulin therapy and medications</li> <li>- Apply nutrition care process for D1M patients</li> </ul> </li> </ul>	Asynchronous lecture	A1-A5 B1-B4 C1-C3 D1-D3	2
5, 6	April, 2022	<ul style="list-style-type: none"> <li>• <b>Dietary management of type 2 diabetes mellitus (D2M)</b> <ul style="list-style-type: none"> <li>- Epidemiology, etiology, pathophysiology, and clinical manifestation</li> <li>- Diagnosis of D2M</li> <li>- Treatment: insulin therapy and medications D2M</li> <li>- Apply nutrition care process for D2M patients</li> </ul> </li> </ul>	Asynchronous lecture	A1-A5 B1-B4 C1&C3 D1-D3	2
7, 8	April, 2022	<ul style="list-style-type: none"> <li>• <b>Dietary Management of Cardiovascular Diseases</b> <ul style="list-style-type: none"> <li>- Heart: Anatomy and physiology</li> <li>- Etiology of cardiovascular diseases</li> <li>- Atherosclerosis and myocardial infarction (MI)</li> <li>- Hypertension</li> <li>- Congestive heart failure</li> </ul> </li> </ul>	Asynchronous lecture	A1-A5 B1-B4 C1&C2 D1-D3	2
9,10	May, 2022	<p><b>Pulmonary diseases</b></p> <ul style="list-style-type: none"> <li>Asthma</li> <li>Cystic fibrosis</li> <li>Chronic obstructive pulmonary disease (COPD)</li> <li>Respiratory failure</li> </ul>	Asynchronous lecture	A1,A2, A5 B1-B4 C1&C2	2



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11-13	May- Jun 2022	<ul style="list-style-type: none"> <li>• Nutritional management of renal diseases           <ul style="list-style-type: none"> <li>- Anatomy and physiology of kidneys</li> <li>- Glomerulonephritis</li> <li>- Nephrotic syndrome</li> <li>- Renal failure and end-stage renal disease (ESRD)</li> <li>- Dialysis and kidney transplantation</li> <li>- Kidney stones (nephrolithiasis)</li> <li>- Modification of diet in disease: acid ash and alkaline ash diets</li> </ul> </li> </ul>	Asynchronous lecture	A1-A5 B1-B4 C1&C2 D1-D3	2
14	Jun, 2022	Review	Asynchronous lecture	D1-D3	2
15					
16.	<b>Final exam</b>				

**Grading Plan and Assessment Tools**

Assessment Tools	Weights	Due date
Mid-term	30	TBA
Quizzes- Short Exam	20	TBA
Final Exam	50	

**Supplementary Reading**

Textbook:

References:

- 1- Mahan L.K., Escottstump, S and Raymond, J.L. (2020), Krause's Food and the Nutrition Care Process, Middle Eastern Copy 16 th edition( Reprint), W.B , Saunders/ an Imprint of Elsivier,Inc., St Louis/Missouri.
- 2 .Schlenker.E. & Roth.S.(2019). Williams' Essentials of Nutrition and Diet Therapy 12th edition, The C.V. Mosby Co., St. Louis.
- 3 .American Dietetic Association (ADA) and American Diabetic Association (2020). Choose Your Foods: Exchange Lists for Diabetes, ADA Chicago.

**Selected internet sites (to be given as handouts).**

i- [www.hwa.ca](http://www.hwa.ca)

ii- [www.eatright.com](http://www.eatright.com)



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- iii- [www.faseb.org/ascn](http://www.faseb.org/ascn)
- iv- [www.nutritiongate.com](http://www.nutritiongate.com)
- v- [www.esdrnetwork.org](http://www.esdrnetwork.org)
- vii- [www.choose MyPlate.gov](http://www.chooseMyPlate.gov)
- viii- [www.cdc.gov](http://www.cdc.gov)
- ix- [www.gastro.org](http://www.gastro.org)
- x- [www.icdiabetes.org](http://www.icdiabetes.org)
- xi- [www.heart.org](http://www.heart.org)
- xii- [www.cancer.gov/cancertropic](http://www.cancer.gov/cancertropic)
- xiii- [www.kidney.gov](http://www.kidney.gov)
- xiv- [www.oncologynutrition.org](http://www.oncologynutrition.org)
- xv- [www.arthritis.org](http://www.arthritis.org)
- xvi- [www.ameriburn.org](http://www.ameriburn.org)
- xvii- [www.renalnet.org](http://www.renalnet.org)

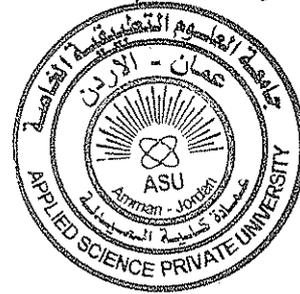
Subject Coordinator  
Head of Curriculum Committee  
Department Head  
Faculty Dean

Dr. Anfal Al-Dalreen

د. وميض الطائي

Signature:  
Signature:  
Signature:  
Signature:

Dr. Feras ELHajji



Copy to:

- Department Head.
- Head of Curriculum Committee.
- Course File.

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