

Unit Title	Aetiology and Clinical Aspects of Nutrition (Clinical Nutrition)	
Level	6	
Reference No	EAA_6_412	
Credit value:	1 credit = 15 CAT points	
Student Study Hours:	Contact Hours	45
	Student Managed Hours	105
Pre-requisite learning	240 credit points of which no more than 120 are at level 4 and no less than 120 at level 5 or equivalent.	
Co-requisites	None	
Excluded Combinations	None	
Unit Coordinator:	Dr. Adam Cunliffe	
Faculty/Department	ESBE/Applied Science	

Short Description:

Clinical nutrition encompasses the understanding of the role of diet in the causation, prevention and management of disease. This unit will examine these themes through examination of a range of disease states and associated nutritional perspectives. The role of nutrition in clinical science and the hospital setting will be examined.

Aims:

The aims of this unit are:

- To explore diet-disease relationships through contemporary perspectives on disease causation, prophylaxis and progression.
- To provide an understanding of the relationship between nutrition and the practical management of disease.
- To stimulate a critical approach in the evaluation of evidence on the role of diet in disease management.

Learning Outcomes:

Knowledge and Understanding:

- Demonstrate critical awareness of the links between diet and disease, both preventative and causative
- Demonstrate evaluative thinking with respect to research in clinical nutrition
- Critical thought regarding strategies for the nutritional management of a range of disease states
- Review and evaluate the metabolic changes induced by trauma and best practice in its clinical nutritional management
- Demonstrate clear knowledge of the role of the dietician in clinical medicine

Intellectual Skills:

The student will develop a range of skills to evaluate health in relation to diet including critical analysis of research findings and accepted dogma in the clinical nutrition arena.

A range of skills will be required with respect to information gathering, evaluation and dissemination. Lecture sessions will include interactive and discussion sessions to develop clarity of argument and confidence in the communication and presentation of ideas.

Practical Skills:

Use of information technology; Database searching, data retrieval and interpretation.

Transferable Skills:

- Oral and written communication skills through presentations and critical review.
- Research skills through the identification, retrieval and critical analysis of published work.
- Working as group member towards shared goals.
- Use of information technology.

Employability:

Students will be equipped with knowledge of diet-disease relationships, the clinical management of disease states and the role of nutrition and dietetics in modern health care settings. These skills will be valuable for post graduate opportunities in a wide variety of clinical and research settings.

Teaching and Learning Pattern:

The unit will be presented in the form of weekly 3-hour sessions consisting of a combination of key lectures, tutorials, workshops and practicals. Direct student contact time will account for 45 hours and the remaining 105 hours will be self-managed private study.

Indicative Content:

- Overview of types of evidence for understanding diet-disease relationships
- Nutritional influences in cardiovascular disease
- Nutritional influences in hypertension
- Nutritional influences in cancer
- Obesity and undernutrition
- Disorders of the liver, pancreas and gallbladder
- Blood sugar dysregulation and diabetes
- Nutrition in renal disease
- Food allergy and intolerance
- Trauma metabolism
- Eating disorders
- Understanding clinical nutrition research

Assessment:

This unit will be assessed via an exam (60%) and coursework as a critical review essay (40%)

Indicative Sources:***Core reading:***

- Thomas B & Bishop J (2007) *Manual of Dietetic Practice*, 4th edition. Blackwell Publishing:Oxford.
- Human Nutrition, 11th ed. (2005) Geissler and Powers. Churchill Livingstone
- Human Nutrition and Dietetics 10th ed. (2000). Garrow, James and Ralph. Human Nutrition and Dietetics 9th ed. (1993). Garrow & James - Churchill Livingstone..
- Journals- Nutrition Research Reviews, Proceedings of the Nutrition Society.

Optional reading:

- British Nutrition Foundation (1999) *Obesity*. Blackwell Publishing: Oxford.
- Buttriss J (2001) *Adverse Reactions to Food*. Blackwell Publishing: Oxford.
- Stanner S (2005) *Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors*. Blackwell Publishing: Oxford.