

SUBJECT TEACHING GUIDE

G370 - Nutrition And Diet

Degree in Nursing

Academic year 2019-2020

1. IDENTIFYING DATA					
Degree	Degree in Nursing			Type and Year	Core. Year 1
Faculty	Faculty of Nursing				
Discipline	Subject Area: Basic Training Guidelines Module: Common Basic Training				
Course unit title and code	G370 - Nutrition And Diet				
Number of ECTS credits allocated	6	Term	Semester based (2)		
Web	https://aulavirtual.unican.es/default.aspx				
Language of instruction	Spanish	English Friendly	No	Mode of delivery	Face-to-face

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3.1 LEARNING OUTCOMES

- To get a global view about the importance of nutrition as a integral part in the treatment of specific physiologic and pathologic situations.
- To identify the nutritional requirements of the human being in relationship to their age , sex and pathologic and/or physiologic condition
- To list the resulting nutritional problems of poor eating habits and strategies to avoid them.
- To describe the nutritional value of food , the serving sizes of food groups recommended , how to cook, and their conservation.
- Distinguish methods of artificial nutritional support, functions and routes of administration.
- To design a plan for distribution of food throughout the day, seeking the healthiest combination.
- To describe the effects of food culture on nutritional intake and health.
- To describe appropriate therapeutic diets in individuals depending of their pathology and nutritional malfunctions in specific situations.
- To describe the planning diets in a hospital.
- To develop dietetic plans according to the individual nutritional necessities.
- To get a global view about the importance of nutrition as a integral part in the treatment of specific physiologic and pathologic situations

4. OBJECTIVES

To identify the nutritional requirements and appropriate types of aliments , for the different necessities, in the different life stages of the healthy or pathologic individual.

6. COURSE ORGANIZATION

CONTENTS	
1	Section 1: Basics about nutrition
2	Section 2: Nutrition and vital cycle
3	Section 3: Diet therapy
4	Section 4: Food as an adjunct to medical treatment
5	

7. ASSESSMENT METHODS AND CRITERIA

Description	Type	Final Eval.	Reassessn	%
Final Exam – Written Exam – 60%	Written exam	Yes	Yes	60,00
Laboratory Training – Virtual activity evaluation – 20%	Activity evaluation with Virtual Media	No	Yes	30,00
Group and Team work – Activity -- 20%	Work	No	No	10,00
TOTAL				100,00
Observations				
<p>Attendance at workshops is compulsory. The final grade of the subject will be the weighted sum of all the assessment methods. It will be mandatory a minimum grade of 5 points over 10 in the final exam in order to pass the subject.</p> <p>The student's failure to attend to the final exam, obtaining a grade of less than five or not carrying out any other formative activity programmed in the subject, does not exempt him/her from being qualified according to the grade obtained in the rest of the activities he/she has carried out. The term 'not presented' in the final grade of the subject will only be used when the student has not carried out any of the evaluable activities and, therefore, has not been qualified on some occasion.</p>				
Observations for part-time students				
<p>Part-time students will be evaluated using the following assessment system:</p> <ul style="list-style-type: none"> - Written exam of all content of the subject (representing 80% of the final mark) - Perform 50% of scheduled group activities (representing 20% of the final mark) <p>To be qualified by this type of evaluation, the student must apply for it to the teacher in charge of the subject.</p>				

8. BIBLIOGRAPHY AND TEACHING MATERIALS

BASIC

Martínez Hernández A, Portillo Baquedano MP. Fundamentos de Nutrición y Dietética. Ed. Panamericana. 2011.

Salas-Salvadó J. Nutrición y dietética clínica. 3ª ed. Masson. 2014.

Rodota L, Castro ME. Nutrición Clínica y Dietoterapia. Ed. Médica Panamericana. 2012.

Jesús Román Martínez Álvarez JR; Villarino Marín A. Recomendaciones de alimentación para pacientes oncológicos. Avances en Alimentación, Nutrición y Dietética. 2015.

Aranceta J, Pérez-Rodrigo C, García-Fuentes M. Nutrición Comunitaria. Edit. Universidad de Cantabria. 2015.

Fundación Española de Nutrición. Varela Moreiras G. Libro Blanco de la nutrición en España. FEN. 2013.

Kathleen Mahan L, Escott-Stump S. Nutrición y Dietoterapia de Krause. 13ª edic. McGraw-Hill Interamericana. 2012.