**SYLLABUS FOR DIPLOMA IN HUMAN NUTRITION**

**HUMAN NUTRITION-2ND YEAR**

**2 YEAR PROGRAMME**

**PAPER-1**

**HN-201**

**THERAPEUTIC NUTRITION**

[1] Therapeutic Nutrition- Meaning :

\* Psychological, sociology, cultural, and economical factors in feedings patients.

\* Hospital basic diet.

\* Feeding long term and chronically ill patients, Tube feedings.

\* Therapeutically adaptation of normal diet, light, soft, and liquid diets.

[2] Diet in fevers and infections :

\* Fevers – Definition, metabolism and nutritional requirements

\* Diet in typhoid, tuberculosis, rheumatic fever and poliomyelitis.

[3] Diet in gastro- intestinal Disturbances.

\* Constipation – Types, causes, treatment (dietary and other)

\* Diarrhea – Types, causes and dietary treatment.

\* Peptic Ulcer – Etiology, symptoms, dietary principles, complication, special diets.

[4] Liver Diseases:

Functions of liver, Role of nutrition for proper functioning of liver.

\* Jaundice – Types, symptoms, dietary principles and diet plan.

\* Hepatitis - Etiology, Dietary treatment.

\* Cirrhosis – Symptoms, etiology, types, dietary treatment.

[5] Diet in Cardiovascular diseases:

\* Hypertension – Etiology, types, Dietary treatment.

\* Atherosclerosis – atherogenesis, factors influencing plasma lipid level, symptoms, dietary treatment.

\* Anemia – Types, etiology and dietary treatment.

[6] Diet in kidney Diseases :

\* Functions of kidney diseases

\* Acute glomerulonephritis – symptoms, dietary principles and meal plan.

\* Chronic glomerulonephritis – symptoms, dietary principles and meal plan.

\* Uremia – Symptoms and dietary treatment.

\* Urinary calculi.

[7] Diabetes mellitus – Etiology, symptoms, metabolism and treatment.

[8] Diet in cancer.

**PAPER – II**

**HN-202**

**COMMUNITY NUTRITION**

[1] Nutrition and Health in national development Malnutrition- meaning, factors contributing to malnutrition.

[2] Nutritional Disorders: Epidemiology, clinical features, prevention and dietary treatment for:

\* Protein energy malnutrition

\* Nutritional Anemia

\* Vitamin A deficiency

\* rickets

\* Scurvy

\* Beri-beri

\* Riboflavin deficiency

[3] Methods of assessing nutritional status

\* Samplings techniques

\* Identification of risk groups.

\* Direct assessment – Diet surveys, anthropometrics, clinical and biochemical estimation.

\* Indirect assessment – Food balance sheet, ecological parameters and vital statistics.

[4] Improvement of nutrition of a community.

\* Modern methods of improvement of nutritional quality of food. Food fortification, enrichment, nutrient supplementation.

\* Nutrition education themes and messages in nutrition and health education.

\* Nutrition Rehabilitation programmes. Antenatal and postnatal care.

[5] Nutrition and Infection relationship Immunization and its importance food born infection and intoxication disease, foods involved, methods of prevention, infestation of food borne diseases outbreak, prevention, signs and control of infection.

[6] National and International agencies in uplifting the nutritional status. WHO, UNICEF, CARE, ICMR, NIN, ICAR, CSIR, CFTRI. Various nutrition related welfare programmes. ICDC, SCP, MDM and others. Community nutrition programmes planning-Identification of problem, analysis of causes, resources, constraints, selection of intervention, setting a strategy, implementation and evaluation of the programme.

Recommended Dietary Allowance for Indian Council of Medical Research.

[10] Gopalan C. Ramasastri B.V. and Balasubramaniam .S, revised by NarasinghaRao, B.S. Deasthale Y.G and Pant.K. Nutritive value of Indian Food NIR, ICMR.

[11] Swaminatham, Essential of Foods & Nutrition Volume I- Fundamental aspects, Volume II-applied aspects. The Bangalore Printing and Publishing Co.Ltd. Bangalore.

[12] JellifeD.b.the assessment of the Nutrition Status of the community monograph series 53 WHO.

[13] Rajalakshmi .R. Applied Nutrition 'Oxford & 11BH Publishing co. Pvt. Ltd. New Delhi'. [14] Beaton GH and Bengal. T.M. nutrition in preventive medicine monograph series 62 WHO.

[15] Gopalan (Nutrition Problem and programmes in South East Asia. Regional Health paper no.15 WHO, regional office for South East Asia N.D. Antra P.F. Clinical Deities and Nutrition Oxford in press.

The latest available editions of the following book may be referred.

[1] Robinson C.H. and lager, M.R, Normal Nutrition and Mae Milan Publishers, London. [2] Pass more, Ruchi and Easte wood. M.A. Human Nutrition and Deities (Earlier by Davison and pass more) ELBS/Churchill living stone.

[3] Kinder F. Meal Management Mac Millan Publishing W. M.Y. and collier Mac Millan Publishing London.

[4] Krause M.V. and Mahan L.K. Food Nutrition and Diet Therapy W.B. Saunders Company.

[5] Martin E.A. Nutrition in Action WoxFord and IBH Publishing to M.C. Laren; D.S.A.Color Atlas of Nutrition Disorders Welfare Medical Publication Ltd London.

[6] Shukla P.K. Nutritional Problems of India Prentice Hall of India Pvt Ltd New Delhi. [7] VenKatachalan P.S. and Reballo L.M. Nutrition for Mother and Child 10 MR Special report Service 41

[8] Annual report and Hand outs of Agencies and organization Like W.H.O, UNICEF, ICMR, NIN, CSIR

**THERAPEUTIC NUTRITION &COMMUNITY PRACTICAL**

[1] Planning preparation and calculation of diets with modified

1.Consistency

2.Fibre and residue

3.Diet for Diarrhoea and constipation (d) Diet for peptic ulcer.

4.Diet for liver diseases.

[2] Planning, preparation and calculation of diets in fevers and infections.

[3] Planning preparation and calculation of diets for insulin dependents diabetes mellitus, planning snacks, desserts and beverages for diabetes.

[4] Planning, preparation and calculation of diet in cardio vascular diseases.

[5] Planning, preparation and calculation of diet in

* Kidney Failure
* Kidney transplant
* Renal complication
* Kidney stones.

[6] Planning, preparation and calculation of diet in

1. cancer
2. Trauma (Buras)
3. urgery

[7] Hospital Visits to observe nutritional deficiency.

[8] Observe the working of nutrition and health oriented programmes.

[9] Assessment of nutritional status of risk groups.

**PAPER- III**

**HN-203**

**DIETETICS AND COUSELLING.**

**THEORY.**

[1] Practical consideration in giving dietary advice and counseling.

\* Factors affecting and individuals food choice

\* Communication of dietary advice.

\* Consideration of behaviour modification

\* Motivation

[2] Counselling and educating patients

\* Introduction to nutrition Counselling.

\* Determining the role of nutrition counselling.

\* Responsibilities of the nutrition counseller.

\* Practitioner v/s diet managed care.

\* Conceptualizing entrepreneur skills and behaviour.

\* Communication and negotiation skills.

[3] Teaching ads used by dietitians charts, leaflets, posters etc.

[4] Preparation of teaching material for patients suffering from

\* Digestive disorders.

\* Diabetes.

\* Hypertension.

\* Hepatitis and cirrhosis.

[5] Computer application.

\* Use of computer by dietitians.

\* Dietary computations.

\* Dietetic management.

\* Education / Training.

\* Information storage.

\* Administration.

\* Research

\* Lines – with other systems.

[6] **Computer application**

\* Execution of software package

\* Straight line, frequency table, bar diagram and pie chart.

\* Preparation of dietary charts for patients

\* Statistical computation and regression test.

**References**:

1. Nutrition in health and disease Anderson & Mitchell.

2. Principles and application in health promotion – West Carl &marillyfobes.

**DIETEICS AND COUNSELLING PRACTICALS**

[1] Project planning for any one disease.

[2] Computer application for different diseases.

[3] Submitting computed data.

[4] Preparation of teaching aids in the field of nutrition.

[5] Preparation of case history of a patient and feeding of information in the hard disc.