

## MODULE DESCRIPTOR

### Module Title

Essentials Of Clinical Nutrition

Reference	HS3153	Version	1
Created	March 2023	SCQF Level	SCQF 9
Approved	June 2023	SCQF Points	30
Amended		ECTS Points	15

### Aims of Module

To provide students with an understanding of disease processes and knowledge of the clinical, pharmacological, and dietetic management of selected diseases, including how to monitor and evaluate the efficacy of nutritional interventions.

### Learning Outcomes for Module

On completion of this module, students are expected to be able to:

- 1 Discuss the aetiology, pathophysiology, diagnosis, and clinical investigation of selected diseases.
- 2 Analyse relevant biochemical and clinical data relevant to the management of selected diseases.
- 3 Critically evaluate evidence-based dietary treatments for selected diseases including methods of monitoring and assessing their efficacy.
- 4 Explain the mechanisms of action of drugs used in the management of selected diseases and critically evaluate the prescription of nutritional supplements and products.

### Indicative Module Content

Introduction to systems disease; overview of pathology, monitoring, and diagnostic strategies. Aetiology, pathophysiology, diagnosis, and treatment of selected genetic, and systems diseases (including, but not limited to gastrointestinal, cardiovascular, respiratory, renal, neurological, endocrine and immune, and cancer). Clinical investigations and tests used to evaluate disease progression and treatment efficacy. Key biochemical measurements relevant to nutrition-related disease and interpretation of these in the context of disease management. The rationale for modification of diet, care planning. Evidence-based dietary management of various diseases including mental health, cardiovascular diseases, gastrointestinal disorders, diabetes, cancers, neurological disorders, learning disabilities, renal and liver disease, blood-borne infections, adverse reactions to food, and metabolic conditions. Food fortification/ modification and sustainable application of dietetic products. Artificial nutrition. Nutrient exchange systems. Common challenges and barriers to dietary adherence. Monitoring and evaluation of dietetic practice. Ethical aspects and managing risk. Clinical pharmacology, drug-nutrient interactions, nutrition borderline substances. Legal aspects of medicines management.

**Module Delivery**

Blended delivery comprising on campus and online learning and engagement. This will include workshops, tutorials, seminars, digital learning resources and food handling laboratory session.

**Indicative Student Workload**

	Full Time	Part Time
Contact Hours	60	N/A
Non-Contact Hours	240	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	300	N/A
<i>Actual Placement hours for professional, statutory or regulatory body</i>		

**ASSESSMENT PLAN**

*If a major/minor model is used and box is ticked, % weightings below are indicative only.*

**Component 1**

Type: Coursework Weighting: 100% Outcomes Assessed: 1, 2, 3, 4  
 Description: Case study based written coursework.

**Component 2**

Type: Coursework Weighting: 0% Outcomes Assessed: 1, 2, 3, 4  
 Description: A minimum of 80% mandatory attendance of all scheduled module delivery. Attendance will be assessed on a pass/unsuccessful basis.

**MODULE PERFORMANCE DESCRIPTOR****Explanatory Text**

C1 is assessed on an A-F basis and is 100% of the grade. To achieve a pass a grade D or above is required and a pass in C2 (80% Module attendance)

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	C1 grade A and C2 Pass
<b>B</b>	C1 grade B and C2 Pass
<b>C</b>	C1 grade C and C2 Pass
<b>D</b>	C1 grade D and C2 Pass
<b>E</b>	C1 grade E and C2 Pass
<b>F</b>	C1 grade F and/or C2 Fail
<b>NS</b>	Non-submission of work by published deadline or non-attendance for examination

**Module Requirements**

Prerequisites for Module	Successful completion of Stage 1 or equivalent.
Corequisites for module	None.
Precluded Modules	None.

**INDICATIVE BIBLIOGRAPHY**

- 1 GANDY, J. 2019 Manual of Dietetic Practice, 6th ed. Chichester: Wiley Blackwell.
- 2 LOMER, M., ed., 2014. Advanced Nutrition and Dietetics in Gastroenterology. Chichester: Wiley-Blackwell.
- 3 HICKSON, M. and SMTIH, S., 2018. Advanced nutrition and dietetics in nutrition support. Chichester: West Sussex: Wiley Blackwell
- 4 SHAW, V., ed., 2020. Clinical Paediatric Dietetics. 5th ed. Oxford: Blackwell.
- 5 The bibliography will be updated annually to ensure the articles used are current to dietetic practice and reflect key issues.