

COURSE DESCRIPTION

COURSE DETAILS

Title (of the course): **CUIDADOS NUTRICIONALES EN ENFERMERÍA**

Code: 144000

Degree/Master: **GRADUADO EN ENFERMERÍA**

Year: 1

Field: FARMACOLOGÍA, NUTRICIÓN Y DIETÉTICA

Character: BASICA

Duration: SECOND TERM

ECTS Credits: 6.0

Classroom hours: 49

Face-to-face classroom percentage: 32.67%

Study hours: 101

Online platform:

LECTURER INFORMATION

Name: MOLINA RECIO, GUILLERMO (Coordinator)

Department: ENFERMERÍA, FARMACOLOGÍA Y FISIOTERAPIA

Area: ENFERMERÍA

Office location: Facultad de Medicina y Enfermería, Edificio Sur, 1ª Planta

E-Mail: gmolina@uco.es

Phone: 957218096

PREREQUISITES AND RECOMMENDATIONS

Prerequisites established in the study plan

There are no prerequisites other than those established in the degree syllabus.

Recommendations

In general terms, it is recommended to have a good knowledge base related to Biochemistry and Physiology. Also, a scientific attitude, guided by critical thinking and reflective learning, will help to achieve the required competencies.

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INTENDED LEARNING OUTCOMES

- CB1 Que los estudiantes hayan demostrado poseer y comprender conocimientos en un área de estudio que parte de la base de la educación secundaria general, y se suele encontrar a un nivel que, si bien se apoya en libros de texto avanzado, incluye también algunos aspectos que implican conocimientos procedentes de la vanguardia de su campo de estudio.
- CB2 Que los estudiantes sepan aplicar sus conocimientos a su trabajo o vocación de una forma profesional y posean las competencias que suelen demostrarse por medio de la elaboración y defensa de argumentos y la resolución de problemas dentro de su área de estudio.
- CB3 Que los estudiantes tengan la capacidad de reunir e interpretar datos relevantes (normalmente dentro de su área de estudio) para emitir juicios que incluyan una reflexión sobre temas relevantes de índole social, científica o ética.
- CB4 Que los estudiantes puedan transmitir información, ideas, problemas y soluciones a un público tanto especializado como no especializado.
- CB5 Que los estudiantes hayan desarrollado aquellas habilidades de aprendizaje necesarias para emprender estudios posteriores con un alto grado de autonomía.
- CU2 Conocer y perfeccionar el nivel de usuario en el ámbito de las TICs.
- CET5 Diseñar sistemas de cuidados dirigidos a las personas, familia o grupos, evaluando su impacto y estableciendo las modificaciones oportunas.
- CET6 Basar las intervenciones de la enfermería en la evidencia científica y en los medios disponibles.
- CET9 Fomentar estilos de vida saludables, el autocuidado, apoyando el mantenimiento de conductas preventivas y terapéuticas
- CET14 Establecer mecanismos de evaluación, considerando los aspectos científico-técnicos y los de calidad.
- CEM5 Conocer y valorar las necesidades nutricionales de las personas sanas y con problemas de salud a lo largo del ciclo vital, para promover y reforzar pautas de conducta alimentaria saludable. Identificar los nutrientes y los alimentos en que se encuentran. Identificar los problemas nutricionales de mayor prevalencia y seleccionar las recomendaciones dietéticas adecuadas.

OBJECTIVES

At the end of the course, the student will be able to:

- Identify the nutritional value of foods, their process of elaboration, conservation and assimilation, as well as the possible effects on human health.
- Adapt the nutrition to the characteristics and physiological situation of each individual.
- To give adequate nutritional guidelines (dietary advice) to prevent the appearance of diseases related to food.
- Recognize and identify the main diseases related to nutrition and / or food.
- Apply the basic principles of human nutrition in the treatment of different pathologies.

CONTENT

1. Theory contents

BLOCK I: BASIC PRINCIPLES IN NUTRITION

Lesson 0: Recalling the biochemical basis of nutrition.

Lesson 1: Basic terms and concepts in nutrition.

Lesson 2: Energy metabolism. Calculation of energy needs and its relation with body composition. Estimation formulas.

Lesson 3: Water. Structure and properties. Functions. Daily water requirements. Recommendations on water consumption. Water and public health.



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Lesson 4: Carbohydrates. Metabolism, food sources, functions and nutritional requirements.

Lesson 5: Proteins. Metabolism, food sources, functions and nutritional requirements.

Lesson 6: Lipids. Metabolism, food sources, functions and nutritional requirements.

Lesson 7: Dietary fiber. Metabolism, food sources, functions and requirements.

Lesson 8: Vitamins. Food sources, functions, requirements.

Lesson 9: Minerals. Food sources, functions, requirements.

Lesson 10: Alcohol. Absorption, metabolism and pathologies related to alcohol.

BLOCK II: NUTRITION AS A SOURCE OF HEALTH. BALANCED DIET ADAPTED TO THE DIFFERENT NEEDS ACCORDING TO THE VITAL STAGE.

Lesson 11: Concept and characteristics of a healthy diet. Somatotype. Principles and techniques to follow a healthy diet.

Lesson 12: Dietary approaches in today's society. Mediterranean diet. Atlantic diet. Ketogenic Diet. Vegetarian diet. Vegan diet.

Lesson 13: Healthy diet in pregnancy, lactation and menopause.

Lesson 14: Healthy diet in the first stages of life: From infancy to adolescence.

Lesson 15: Healthy diet in the elderly.

Lesson 16: Nutrition and physical activity.

Lesson 17: Community Nutrition. Basic concepts, functions and ways of working.

BLOCK III: DIET THERAPY

Lesson 18: Diet therapy. Concept and importance of diet in the treatment of disease. Malnutrition related to the disease. Types of diets.

Lesson 19: Diets with energy modification. Dietotherapeutic treatment of obesity and eating disorders.

Lesson 20: Dietotherapeutic treatment of diabetes. Types of nutritional approaches.

Lesson 21: Dietotherapeutic treatment in cardiovascular diseases. DASH diet. Truths and myths about cholesterol.

Lesson 22: Dietotherapeutic treatment with protein modification. Diets in renal disease and liver disease. Celiac disease.

Lesson 23: Basis of Artificial Nutrition. Enteral nutrition. Characteristics and indications. Parenteral nutrition. Characteristics and indications.

2. Practical contents

1. Assessment and diagnosis of nutritional status
2. Assessment of the eating pattern. Techniques and resources.
3. Food labeling.
4. Fad diets
5. Elaboration of diets in the diabetic patient. The portion diet and the plate method.
6. Critical reasoning in nutrition information (non face-to-face).
7. Self-assessment of basic knowledge in nutritional care.
8. Portfolio presentation and evaluation.

SUSTAINABLE DEVELOPMENT GOALS RELATED TO THE CONTENT

Zero hunger

Good health and well-being

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METHODOLOGY

General clarifications on the methodology (optional)

The theoretical-practical program will be taught throughout the four-month period, using the following teaching techniques:

- *Lectures on the topics included in the program, with comments, clarifications and final discussion.
- *Directed academic activities, which will be carried out with the objective of deepening in those topics of special interest for the formation of the student.
- *Activities of information gathering and analysis, in groups, of different aspects of nutrition related to the contents of the course.
- *Sharing of the results and discussion of them.
- *Personal work, collection and analysis of information and presentation of results.
- *Seminars or workshops in which aspects related to the evaluation of nutritional status and dietary habits, with the development of diets, with the study of nutritional myths, critical thinking and nutritional education of the population will be developed.

In the event that a health alarm situation is generated that avoids the development of teaching in the face-to-face modality, the coordinators of the affected courses will be required to prepare an addendum to the teaching guide according to the model established for the 2019-20 academic year. This addendum must be approved by the Department Council and published on the website of the degree and on the Moodle platform of the course. For the elaboration of this adaptation, the provisions of the agreement of the Extraordinary Governing Council of March 14, 2020 will be taken into account.

Methodological adaptations for part-time students and students with disabilities and special educational needs

Methodological adaptations for part-time students and students with educational needs will be defined on an individual basis after a tutoring session.

Face-to-face activities

Activity	Large group	Medium group	Total
<i>Assessment activities</i>	3	-	3
<i>Debates</i>	2	-	2
<i>Lectures</i>	30	-	30
<i>Workshop</i>	-	14	14
Total hours:	35	14	49

Off-site activities

Activity	Total
<i>Activities</i>	5
<i>Exercises</i>	13
<i>Group work</i>	25
<i>Information search</i>	5

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Activity	Total
Reference search	5
Self-study	48
Total hours	101

WORK MATERIALS FOR STUDENTS

Case studies
Exercises and activities
Oral presentations
Placement booklet

Clarifications

Study of the bibliography, audiovisual material and articles provided through the Moodle platform.

EVALUATION

Intended learning	Case study/clinical case discussion/scientific work discussion	Exams	Portfolios
CB1	X	X	X
CB2	X	X	X
CB3	X		X
CB4	X		X
CB5		X	
CEM5	X	X	X
CET14		X	
CET5		X	
CET6		X	
CET9	X	X	
CU2	X	X	X
Total (100%)	10%	70%	20%
Minimum grade	4	4.5	4

(*)Minimum mark (out of 10) needed for the assessment tool to be weighted in the course final mark. In any case, final mark must be 5,0 or higher to pass the course.

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Method of assessment of attendance:

Attendance is compulsory only to the workshops and will be controlled by class lists. Missing more than one (more than 15% of the total number of hours), will result in failure in the first call (with a score of 4) and the need to perform a work whose characteristics will be explained in the moodle platform of the course. In case of a single absence, 15% of the final grade of the portfolio/practical exercises will be subtracted.

General clarifications on instruments for evaluation:

The mark for cases or practical cases presented in the workshops will be kept until the course is passed.

The oral test will be carried out during the presentation of the results of the portfolio with specific questions to specific members of each group.

If the teacher deems it appropriate, and depending on the degree of involvement perceived in the students, a partial evaluation system may be proposed to ensure the continuous evaluation of the students. This system will allow eliminating content from the final exam as long as a minimum mark is reached, which will be established by the professor and communicated to the students sufficiently in advance.

All exams will be multiple-choice tests. The calculation of the grade for the multiple-choice exam will be made using the formula: $\text{Hits} - (\text{Errors}/n-1)$, where "n" represents the number of answer options.

A score of 4.5 in the multiple-choice test and in the practical reports is required to calculate the weighted average grade. If the minimum grade is not reached in each evaluation instrument used, the final grade will be 4 (SUSPENDED).

Clarifications on the methodology for part-time students and students with disabilities and special educational needs:

The evaluation of part-time students and students with special educational needs will be based on the same criteria as for full-time students, but without taking into account workshop attendance. The characteristics of the assignments to be submitted will be defined on an individual basis after a tutorial session.

Clarifications on the evaluation of the extraordinary call and extra-ordinary call for completion studies:

For the first and extraordinary calls for the end of studies, the same evaluation criteria will be used as in the ordinary exams, keeping the grade of the work until the course is passed. The exam will consist of multiple-choice and/or short questions as the professor deems appropriate.

Qualifying criteria for obtaining honors:

Pass with Honors will be assigned among the students who, fulfilling all the requirements specified in article 30.3 of the Regulation of Academic Regime of the UCO, have obtained the highest numerical mark.

BIBLIOGRAPHY

1. Basic Bibliography

Vázquez García M. Fitness revolucionario. Lecciones ancestrales para una salud salvaje. Segunda Edición. Oberón, 2019

Gil Hernández, A. et al. Tratado de nutrición. Tercera Edición. Panamericana, 2017.

Salas-Salvadó, J. Nutrición y dietética clínica. Tercera Edición. Elsevier Masson, 2014.

Rodota L., Castro MA. Nutrición Clínica y Dietoterapia. Panamericana, 2012.

De Luis Román, D. et al. Dietoterapia, nutrición clínica y metabolismo. Díaz de Santos, 2010

Vidal García, E. Manual práctico de nutrición y dietoterapia. Monsa-Prayma, 2009.

Mataix Verdú J. Nutrición y alimentación humana. 2ª Edición. Ergon. Madrid, 2009.

Cervera, et al. Alimentación y Dietoterapia. 4ª Edición. McGraw-Hill Interamericana, 2004.

COURSE DESCRIPTION

Martín Salinas, C. et al. Nutrición y Dietética. DAE (Grupo Paradigma), 2000
 Alimentación y nutrición. Manual teórico práctico. Díaz de Santos, 2005.
 Bellido Guerrero, D. et al. Manual de nutrición y metabolismo. Díaz de Santos, 2006.
 Brown, J. Nutrición en las diferentes etapas de la vida. 2ª Edición. Mc Graw-Hill, 200

2. Further reading

OPEN ACCESS JOURNALS:

Nutrición hospitalaria: <http://www.nutricionhospitalaria.org>

Nutrición clínica y Dietética Hospitalaria: <http://revista.nutricion.org/>

NUTRITION BLOGS :

<https://www.fitnessrevolucionario.com>

www.midietacojea.com

<http://juanrevenga.com>

www.danzadefogones.com

www.dimequecomes.com

www.scientiablog.com

www.fitfoodmarket.es

www.juliobasulto.com

El otro lado del plato

www.elcomidista.elpais.com

COORDINATION CRITERIA

Joint activities: lectures, seminars, visits ...

Tasks deadlines

Tasks performance

SCHEDULE

Period	Assessment activities	Debates	Lectures	Workshop
1# Fortnight	0,0	0,0	5,0	0,0
2# Fortnight	0,0	0,0	10,0	0,0
3# Fortnight	0,0	0,0	10,0	0,0
4# Fortnight	0,0	0,0	5,0	4,0
5# Fortnight	0,0	1,0	0,0	4,0
6# Fortnight	0,0	1,0	0,0	4,0
7# Fortnight	0,0	0,0	0,0	2,0
8# Fortnight	3,0	0,0	0,0	0,0
Total hours:	3,0	2,0	30,0	14,0

COURSE DESCRIPTION

The methodological strategies and the evaluation system contemplated in this Course Description will be adapted according to the needs presented by students with disabilities and special educational needs in the cases that are required.