

Master's Degree Course in Human Nutrition Sciences LM -61

**Teaching: Other useful knowledge for entering the world of work
SSD MED/49. Codice 90686.**

Number of CFU: 3

Teacher name: LORETO NEMI
E-mail: loreto.nemi@unicamillus.org

**FREQUENCY MODE:
Distance education**

PREREQUISITES

Knowledge of the physiology of human digestion, absorption and nutrition processes, biochemistry and metabolism of nutrients, of the molecular basis of nutrition, food, macronutrients and micronutrients. Basic knowledge of the various metabolic pathologies linked to nutritional imbalances.

EDUCATIONAL OBJECTIVES

Acquisition of knowledge and practical tools for the nutritionist profession. From nutritional assessment, to the evaluation of anthropometric data and body composition, to the elaboration of the physiological diet (and for some diseases), up to the monitoring and follow-up of the patient's results

EXPECTED LEARNING OUTCOMES

Capacity and ability to carry out a complete visit and nutritional diagnosis to a patient, with measurement of anthropometric data and body composition and development of a personalized nutritional plan diet with specific short and long-term advice; monitoring of results and maintenance of the objectives achieved.

Ability to apply knowledge and understanding: The general objective of teaching "Other useful knowledge for the world of work" is to learn a method and a work process to carry out the activity of a clinical nutritionist. Specifically, the training objective will lead the student to be able to carry out a complete examination of the patient.

At the end of the course the student will be able to apply the practical method and will have

acquired the tools to carry out the various instrumental and anamnestic tests that make up a nutritional visit.

Communication skills: The student will be able to carry out a nutritional visit demonstrating that he/she has learned appropriate scientific language for the purposes of correct and rigorous communication.

Making judgements: At the end of the course, the student will have analyzed and learned the various anamnestic, nutritional, instrumental investigation and body composition study processes that allow the experimental method to be applied. He/She will have acquired the ability to summarize and correlate the various topics and information given by the patient to create a balanced nutritional plan as well as to draw up a nutritional diagnosis and a health goal and weight achievement or treatment of a nutrition-related pathology.

Learning ability: The student will have acquired skills and learning methods which deepen and improve his/her skills in the field of nutrition, dietetics, food composition, pathologies related to the excess or deficiency of some nutrients and micronutrients also through consultation of scientific literature.

PROGRAMMA

1. Reception and presentation of the patient on the first visit. Which language to use and how to create empathy?
2. Nutritional care process
3. Practical General anamnesis
4. Evaluation of blood test and focus on values useful for screening
5. Nutritional assessment: dietetic history and food diary
6. Survey on eating habits: questionnaire recall 24h and food frequency questionnaire
7. Anthropometric measurements: weight, heights, body mass index and percentiles.
8. Measurements of Circumferences
9. Plicometry
10. bioelectric impedance analysis
11. Focus on different parameters
12. Practical examples and case studies
13. Practical processing of the diet plan
14. calculation of caloric and macronutrient requirements
15. Reading the composition data foods
16. Setting a personalized diet plan. How to create a software.
17. Creating a diary diet con single foods.
18. Breakfast and snacks
19. Main meals.
20. Using the equivalent substitutions using a set foods
21. From the diet single day to a week diet plan
22. Creating key points for a diet plan explication
23. Avdices on cooking food preparation
24. Ideas for dietetic recipes: creating a cookbook.
25. From the goof piramyd to the healthy plate: how to eat well at the restaurant
26. Creating and explication of the diet to the patient
27. Follow up and monitoring

28. Diet plan in case of pathology
29. Diet plan for dyslipidemia
30. Diet plan for pregnancy and breastfeeding
31. Diet plan for Hypertension
32. Diet plan for kidney failure
33. Diet plan for irritable bowel syndrome
34. Diet plan for generic sport
35. Diet plan for cancer
36. Diet plan for maintain weight loss

TEACHING METHOD

Video lessons of about 15 minutes.

- N ° 9 hours of recording equivalent to N ° 36 video lessons (36 video lessons of about 15 minutes each) corresponding to 3 CFU TOTAL.
- 3 hours of interactive teaching.

LEARNING VERIFICATION METHODS

Final exam with multiple choice test.

The final exam consists in a written test of 30 multiple choice questions, with only one correct question.

The exam will be overall evaluated according to the following criteria:

Not suitable: significant deficiencies and/or inaccuracies in knowledge and understanding of the topics.

Eligible: the student will have answered at least 18/30 questions correctly

RECOMMENDED TEXTS AND BIBLIOGRAPHY

Arienti G., *Le basi molecolari della nutrizione*, Piccin, 2021.
Tabelle Composizione degli alimenti Inran/Crea

Banca Dati di Composizione degli Alimenti per Studi Epidemiologici in Italia a cura di Gnagnarella P, Salvini S, Parpinel M. Versione 1.2015 Website <http://www.bda-ieo.it/>

Bedogni G., Cecchetto G., *Manuale Andid di valutazione dello stato nutrizionale*,

Società Editrice Universo, 2009.

Bizzarri M., *Interpretazione clinica degli esami di laboratorio*, Piccin 2020.

Cappelli P., Vannucchi V., *Principi di chimica degli alimenti*, Zanichelli 2015.

Manuale di Gastroenterologia Dietisti, Editrice Gastroenterologica Italiana, 2009.

Del Toma E., *Prevenzione e Terapia Dietetica*, Il pensiero scientifico editore, 2020.

Miggiano G., *Dieta e Donna, Per una nutrizione personalizzata*, Il pensiero Scientifico Editore, 2021.

Miggiano G., *La nutrizione nelle malattie del metabolismo*, Il Pensiero Scientifico Editore, 2016.