

## **Subject Description Form**

<b>Subject Code</b>	FSN5036
<b>Subject Title</b>	Dietetics in Practice
<b>Credit Value</b>	3
<b>Level</b>	5
<b>Pre-requisite</b>	Nil
<b>Objectives</b>	<p>This subject aims to provide practical skills for achieving clinical competencies in dietetics practice. It builds on theoretical knowledge from nutrition assessment to diagnosis, and dietary counselling with practical application to meet the dietary needs of specific individuals or groups through meal planning, cooking session, menu design, and enteral and parental nutrition prescription. Emphasis is focused on the development of appropriate nutrition diagnosis based on valid assessment, and the considerations of how a tailor-made intervention can be designed. How the nutrition interventions be monitored will also be discussed.</p>
<b>Intended Learning Outcomes</b>	<p>Upon completion of the subject, students will be able to:</p> <ol style="list-style-type: none"> <li>Understand how to use the nutrition care process to provide high-quality nutrition care;</li> <li>Apply various nutritional assessment techniques to identify nutrition problems of individuals;</li> <li>Develop practical nutrition intervention based on identified nutrition problems and available resources;</li> <li>Identify monitoring parameters for the nutrition intervention</li> </ol>
<b>Subject Synopsis/Indicative Syllabus</b>	<p><u>Introduction to the nutrition care process model and its terminology</u></p> <ul style="list-style-type: none"> <li>- The nutrition care process from nutrition screening and assessment, nutrition diagnosis, nutrition intervention, to monitoring and evaluation of nutrition care</li> <li>- Documentation in the nutrition care record</li> <li>- Domain and components in the nutrition care process terminology</li> </ul> <p><u>Nutrition-focused physical examination</u></p> <p>Physical examination for malnutrition and micronutrient assessment</p> <p><u>Nutrition requirement in practice</u></p> <p>Consideration of macro- and micro-nutrient requirement in</p>

	<p>individuals with various disease conditions</p> <p><u>Tools to deliver practical nutrition intervention</u> Disease-specific meal planning and menu design, characteristics of local enteral and parental nutrition products</p> <p><u>Texture modification</u> Diet texture modification and drink consistency based on the International Dysphagia Diet Standardisation Initiative framework</p> <p><u>Practical application of the nutrition care process</u> Clinical case study on the application of nutrition care process in individuals with various disease conditions</p>					
<b>Teaching/Learning Methodology</b>	<p><b>Lectures:</b> The basic concepts of the nutrition care process and its terminologies, nutrition requirement of various disease conditions, and practical consideration of nutrition intervention delivery will be introduced. Company representatives of enteral and parental nutrition products will be invited to introduce their products commonly used in clinical and community settings. Students are required to summarise the common enteral and parenteral nutrition products and participate in interactive in-class discussion.</p> <p><b>Tutorials and Laboratories:</b> Nutrition focus physical examination will be demonstrated in laboratory session. Students will be provided with real-life clinical case studies for discussion and applying the nutrition care process to draft practical nutrition intervention</p>					
<b>Assessment Methods in Alignment with Intended Learning Outcomes</b>	Specific assessment methods/tasks	% weighting	Intended subject learning outcomes to be assessed (Please tick as appropriate)			
			a	b	c	d
	1. Nutrition product summary	30%			✓	
	2. Lab Report	20%		✓		
	3. Case Report	50%	✓	✓	✓	✓
	Total	100%				
<p><b>Nutrition product summary:</b> It is used to assess students’ awareness and understanding on the</p>						

	<p>characteristics and practical consideration of various enteral and parental nutrition products.</p> <p><b>Lab report:</b> Lab report is used to assess the students' ability in recognising malnutrition and micronutrient deficiency based on nutrition focused physical examination</p> <p><b>Case report:</b> It is used to assess students' capability in applying the nutrition care process to integrate findings from nutritional assessment to identify nutrition problems, and develop practical nutrition intervention with evaluation plan for monitoring in a concise format for documentation.</p>	
<b>Student Study Effort Expected</b>	Class contact	
	• Lecture	24 hours
	• Tutorial	12 hours
	• Laboratory	3 hours
	Other student study effort:	
	• Self-study	30 hours
	• Assignment writing	50 hours
	Total student study effort	119 hours
<b>Reading List and References</b>	<p>Academy of Nutrition and Dietetics. Abridged nutrition care process terminology reference manual: standardized terminology for the nutrition care process, Academy of Nutrition &amp; Dietetics, 2017.</p> <p>Academy of Nutrition and Dietetics. Nutrition focused physical exam pocket guide, 3<sup>rd</sup> Edition, Academy of Nutrition &amp; Dietetics, 2021.</p> <p>Webster-Gandy J, Madden A, Holdsworth M. Oxford handbook of nutrition and dietetics, 3<sup>rd</sup> edition, Oxford University Press, 2020.</p> <p>Stewart R. Handbook of clinical nutrition and dietetics, 7<sup>th</sup> edition, Australian Dietitian, 2022.</p> <p>Website of IDDSI</p> <p>Websites of common enteral and parental nutrition products brands in Hong Kong.</p> <p>Other journals and guidelines assigned by the instructor</p>	