

**ALLAMA IQBAL OPEN UNIVERSITY, ISLAMABAD
(Department of Home & Health Sciences)**

**Course: Hospital Dietetics (861)
Level: Post Graduate**

**Credit Hours 3(2+1)
Semester: Autumn, 2013**

CONTENT LIST

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2. Activity Book I & II
3. Assignments (1–2)
4. Assignment Forms (12)
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6. Student Guide

Note: If any one item of the above mentioned content list is missing from your study pack, kindly contact:–

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WARNING

1. **PLAGIARISM OR HIRING OF GHOST WRITER(S) FOR SOLVING THE ASSIGNMENT(S) WILL DEBAR THE STUDENT FROM AWARD OF DEGREE/CERTIFICATE, IF FOUND AT ANY STAGE.**
2. **SUBMITTING ASSIGNMENTS BORROWED OR STOLEN FROM OTHER(S) AS ONE'S OWN WILL BE PENALIZED AS DEFINED IN "AIOU PLAGIARISM POLICY".**

Course: Hospital Dietetics (861)
Level: Post Graduate

Semester: Autumn, 2013
Total Marks: 100
Pass Marks: 40

ASSIGNMENT No. 1
(Unit 1–4)

Answer the following questions. Distribution of marks is given against each question

- Q.1 Discuss the health and nutritional problem of Pakistan according to National Nutrition Survey, 2011. (16)
- Q.2 Describe the phases of effective dietetic management for provision of nutritional care to the patients. (16)
- Q.3 a) What are the advantages and disadvantages of carrying out diet history? Explain ways interpreting dietary history. (10)
- b) Discuss the factors affecting the accuracy of diet history. (06)
- Q.4 a) What is an American Food Exchange System? How will you calculate the exchanges of carbohydrates for a diabetic patient through this system? (08)
- b) Plan a day's menu for a diabetic patient who has been prescribed a 2500kcal a day. Calculate carbohydrate exchanges for him. (08)
- Q.5 Enlist the disorders of Gastrointestinal Tract. Discuss any one in detail with its dietary management. (16)
- Q.6 Write short notes on the following: ((10 x 2=20)
- a) Importance of anthropometrics in assessing nutritional status of an individual.
- b) Lactose Intolerance

ASSIGNMENT No. 2

(Unit 5–7)

Total Marks: 100

Pass Marks: 40

Answer the following questions. Distribution of marks is given against each question

- Q.1 Which risk factors are responsible for coronary heart disease? Give dietary guidelines for prevention of such diseases. (16)
- Q.2 What physiological and biochemical changes takes place during pregnancy? Discuss importance of nutrition during this period. (16)
- Q.3 What are the routes of imparting parenteral nutrition to a hospitalized patient? Also discuss various complications as outcome of parenteral nutrition. (16)
- Q.4 a) Define Hypertension. Discuss factors responsible for hypertension and principles of dietary modification for patient suffering from hypertension.(08)
b) Plan a day's menu for a patient with hypertension. His dietary requirements are 2500Kcal per day. (08)
- Q.5 a) Explain the special needs of patients with burns. Which factors affect the body's metabolic demands during burn injury? (08)
b) A 25 year old woman weighing 60 kg is admitted to hospital with a 65% burn. Estimate her requirements for protein and calories. Also discuss the nutritional management. (08)
- Q.6 Write short notes on the following: (10 x 2=20)
a) General management of pregnant women with diabetes mellitus.
b) Nutritional Anemias

PRACTICAL WORK

Total Marks: 200(100+100)

Dear Student,

This course is supported with the following two activity books.

1. Hospital independent activities.
2. Hospital dependent activities.

Work book – I contains the activities that have to be completed independently by you at your home and in field. The practical book also contains some activities to be undertaken during tutorial. All the prescribed activities are text based and have to be completed after studying the relevant units. After completing the practical activities, you are expected to record the data collected and get each activity marked by the tutor.

Work book – II comprises of hospital dependent activities. Student has to complete all these activities in hospital environment and get it evaluated by the tutor during three days workshop. Marks obtained from practical work will be entered on the accumulative result sheet by the concerned tutor.

These practical work books are compulsory component of the course.

STUDENT GUIDE

Course Code: Hospital Dietetics (861)

Semester: Autumn, 2013

Level: Post Graduate

Dear Student,

Aslam-o-Allaikum,

We welcome you to the AIOU postgraduate level course of Hospital Dietetics. This first course is part of the Postgraduate Diploma in dietetics later leading to M. Sc. For an introduction to the course please go through the introductory pages of the first Block of the book. Here are some guidelines for successful completion of this course given below:

In-order to understand the course content it is vital to know its aims and objectives properly. Let us go through its aims and objectives first. The main aim of introducing this course at postgraduate level is to improve the quality of dietary care, knowledge of diet, health and disease amongst health professionals and eventually expanding the number of trained dieticians and nutritionists in Pakistan.

1. Course Objectives

The specific objectives of this course are as follows:

- i) To promote the profession of dietetics.
- ii) To prepare self explanatory material which can serve as a guide to physicians in dealing with diseases which require diet therapy.
- iii) To provide in-service training for dieticians and other paramedical staff like the senior staff engaged in planning and serving of hospital meals.

Every unit contains the specific objectives of the unit alongwith its brief introduction Try to study each unit in the light of its specific objectives and try your best to achieve these objectives before the completion of the course.

2. Details of the Course

2.1 Study Book

There are nine study units in all, bound in one block. This is being mailed to you alongwith the two assignments.

The first unit contains the introduction to the whole course. The second unit concentrates on accurate communication and on general delivery system of dietary advice. The third unit deals with problems which may require use of calorie controlled diets i.e. Diabetes and Obesity. Dietary disorders which are becoming increasingly prevalent in Pakistan.

Unit No. 4 of this block is about diet in Gastrointestinal disorders, which provides background information about G. I. Tract and disorders related to this tract and types of diets required for patients suffering from such disorders. The 5th unit of this block is about the disorders of the cardiovascular disease which are prevalent in Pakistan and need special dietary modifications. The 6th unit of the study book is about Maternal and infant Diet. The main aim, of this unit is to provide guidance and to improve professional skill of medical and paramedical in service staff regarding maternal and child's dietary management. The 7th unit is about diet in injury, surgery and fever, written by a British expert. All injuries involving tissue damage have been fully discussed in the light of under-nutrition resulting in such disorders. Special dietary requirements have been explained in detail. Unit No. 8 is about diet and disorders of liver. Gall bladder and pancreas has been written by a Pakistani dietician working at the Agha Khan Hospital, Karachi. The unit provides background information about normal functions of the Liver gallbladder and pancreas. The disorders related to these organs are also discussed in detail alongwith the diet's and menu's which are prescribed.

The last unit of the whole course is about Diet and Renal diseases, written by two Pakistani nutrition experts. Topics such as the normal function of the Renal organs are discussed and disorders resulting after malfunctioning of any one of these organs are explained in detail. The authors of this unit also described the dietary management of these disorders. For completing this course it is necessary to study three blocks in sequence. The study pattern will be explained later.

Every study unit is equipped with a list of tables and figures in order to provide and opportunity to the students to revise the contents with the help of the tables and figures. All the study units contain self-assessment question (SAQ's). The main purpose of these (SAQ's) is to assess knowledge which you have gained. The answers to these questions are given at the end of each unit. Always compare your answers with the answers given at the end of each unit. Make sure that you go through the relevant section of the unit again so that you get full command over the study unit.

Each unit contains information about medical nutritional disorders and identifies the dietary needs of the patient suffering from these disorders alongwith sample menus. Some of these units contain specific equations to calculate the nutrient requirements of patients on special diets and few units provide information about food exchanges being commonly used in various countries around the world.

2.2 Practical Activity Books

There are two practical workbooks provided to the student. One of the books contains the activities that have to be completed independently by the student at his/her own home/field. The practical book also contains some activities to be undertaken in the tutorials. All the prescribed activities are units based and have to be completed after studying the relevant units. After completing the practical activities the student is expected to record the data collected and get each activity marked by the tutor.

Practical work book-II is for recording the three days observations and activities undertaken during a three days practical workshop in the end of semester. Again all the activities have to be marked by the tutor and the accumulated result will be transferred on the accumulated result sheet.

2.3 Part Time Tutors

Students are allocated a part time tutor. The name and address of your tutor will be provided later. The tutor will help and guide you in studying the books and conducting activities related to study units. You are expected to take full advantage of the tutors' knowledge and the experience. These tutors are also responsible for marking your assignments. Make all efforts to complete your written assignment in time according to the prescribed schedule and try your best to attend all the study sessions according to the timetable provided to you.

2.4 Assignments

The course includes two assignments which are compulsory for successful completion of the whole course i.e. each assignment is of 100 marks and out of these students obtaining 40% marks will be declared pass. Therefore, it is important to submit the assignment in time. The schedule of submitting the assignment is being provided separately. Please follow the schedule. The tutor will send the marked assignment back to the students with in fifteen days. If you do not receive the marked assignment after fifteen days please contact your tutor or your local regional office of the Allama Iqbal Open University.

Don't forget to dispatch the prescribed form along with the complete assignments. The study units on which each assignment is based are identified. However, for convenience we are providing the related information for follow up.

Assignment No.	Units
1	1 to 4
2	5 to 7

3. Method of Study

A study period of sixteen weeks has been allocated for studying this course through distance learning whereas seventeenth and eighteenth weeks are kept for general assessment and for final examinations. You are expected to spend four weeks on studying first two units, of the 1st book block. This will help to improve your reading speed and get familiar with the content of the units.

S. No.	Unit No.	Assignment No.	Study Period
1.	1 – 2	1 st	Four weeks
2.	3 – 5		Four weeks
3.	6 – 8	2 nd	Four weeks
4.	9		Four weeks
5.	Preparation for Exams		Two weeks

The next three units i.e. 3–5 will become easier for you and you will be able to study them in comparatively less time. You can spend three weeks on studying these three units. During the eighth week you can complete your 1st assignment and dispatch to your tutor.

Unit No. 6,7 & 8 can be studied during 9th, 10th 11th and 12th weeks and the last unit i.e. unit 9 can be studied in the thirteenth week and you can complete the 2nd assignment alongwith the revision of your books during the 14th, 15th and 16th week respectively. The last two weeks can be kept for examination and its preparation. The 1st assignment will be based on 1–3 units and 2nd assignment on 4–7 units. It is therefore necessary to study the units completely before starting work on assignments. Try to complete the practical activities related to all units in time according to the schedule.

4. Practical Workshop

Practical workshop will be arranged for three days at the end of the semester. Schedule of the workshop and venue will be sent to the students during the study period. Workshop will cover some of the lectures of the specialists on important topics, if deemed necessary viewing of the video programmes and some practical activities. The tutor will provide guidance for the workshop. Attendance in workshop is compulsory for all the students.

5. Final Examination

At the end of the course there will be a final examination, all the students will be expected to take this examination in the examination halls specially established for this purpose.

6. Schedule for Tutorial Meetings

The tutorial meetings are arranged on fortnightly basis. The specific dates in the form of tutorial schedule are being provided separately. Try to attend these meeting regularly to get proper guidance from your tutor.