

## COURSE SYLLABUS

### (1) GENERAL

<b>SCHOOL</b>	<b>HEALTH SCIENCES MANAGEMENT AND ECONOMICS SCIENCES</b>		
<b>DEPARTMENTS</b>	<ul style="list-style-type: none"> <li>▪ SOCIAL WORK</li> <li>▪ NUTRITION AND DIETETICS SCIENCES</li> <li>▪ BUSINESS ADMINISTRATION AND TOURISM</li> </ul>		
<b>LEVEL OF STUDY</b>	<b>GRADUATE</b>		
<b>COURSE CODE</b>	<b>CDDA-B05</b>	<b>SEMESTER</b>	<b>B</b>
<b>COURSE TITLE</b>	<b>Evidence-Based Dietetic Practice</b>		
<b>INDEPENDENT TEACHING ACTIVITIES</b>	<b>TEACHING HOURS WEEKLY</b>	<b>CREDIT UNITS (ECTS)</b>	
Lectures	39	7.5	
<b>COURSE TYPE</b>	Specialization		
<b>PREREQUISITE COURSES:</b>	No		
<b>LANGUAGE OF TEACHING and EXAMINATIONS:</b>	Greek		
<b>THE COURSE IS OFFERED TO ERASMUS STUDENTS</b>	No		
<b>COURSE WEBSITE (URL)</b>	<a href="https://eclass.hmu.gr/courses/SW355/">https://eclass.hmu.gr/courses/SW355/</a>		

### (2) LEARNING OUTCOMES

<b>Learning Outcomes</b>
<p>Evidence-Based Dietetic Practice combines modern scientific knowledge, with the expertise of the professional dietitian and the values and needs of the patient/client/individual or group to achieve the best possible health outcome. The purpose of the course is to acquaint students with the most up-to-date and documented scientific knowledge and research, which shape modern nutritional recommendations, clinical nutrition guidelines, but also health claims for nutrients and foods, so that in combination with critical thinking, to be able to choose the best dietary practice for the maintenance or promotion of health, but also the treatment or management of individual or population diseases.</p> <p>The course is offered at postgraduate level and the learning outcomes correspond to level 7 of the European Qualifications Framework for Lifelong Learning (EQF). Based on the above, after the successful completion of the course, students are expected to have acquired the following:</p> <p><b>Knowledge</b></p> <ol style="list-style-type: none"> <li>1. They understand the term 'evidence-based dietary practice (EBDP)'.</li> <li>2. They understand the term "Precision Nutrition (PN)".</li> <li>3. They explain what the Nutrition-Focused Physical Exam (NFPE) is.</li> <li>4. They describe the characteristics of NFPE.</li> <li>5. They review the evolution and recommendations for macronutrients and dietary patterns for people with diabetes mellitus.</li> <li>6. They recognize the special elements of the traditional dietary pattern in Greece.</li> <li>7. They explain what dysphagia (IDDSI) is and its causes.</li> <li>8. They describe the complications of dysphagia and identify its signs and symptoms.</li> <li>9. They clarify the definition and treatment of epilepsy.</li> <li>10. They evaluate the criteria for the diagnosis of osteoporosis and sarcopenia.</li> <li>11. They discuss methods of analyzing physical activity and sleep.</li> <li>12. Know and Choose the appropriate scientific nutritional assessment tools for breast cancer survivors.</li> </ol>

**Skills**

1. They are looking for evidence-based dietary guidelines from trusted sources.
2. They criticize the reliability of research-based information.
3. They become familiar with bioactive phytochemicals that affect health.
4. They recognize the characteristics of developmental disorders (autism, Asperger syndrome, Prader-Willi syndrome).
5. They implement nutritional interventions for people with developmental disorders.
6. They recognize the comorbidities in epilepsy and the use of the ketogenic diet in clinical practice.
7. They choose the appropriate methods for the analysis of physical activity and sleep.
8. They collect the necessary data from clinical examinations and dietary history.

**Abilities**

1. They recognize the necessity of EBDP in clinical practice.
2. They appreciate the possibilities and limitations of individualized nutritional management through PN.
3. They evaluate the importance of NFPE in the clinical evaluation of nutrition.
4. They adapt the recommendations to provide individualized nutritional care for patients with diabetes.
5. They understand the effect of the Mediterranean diet on the prevention of chronic non-communicable diseases.
6. They utilize diagnostic methods and holistic management of dysphagia.
7. They apply a multidisciplinary approach and practice to the treatment of epilepsy.
8. They contribute to the prevention and intervention of osteoporosis, sarcopenia and vulnerability through nutrition.
9. They embody the importance of the multidisciplinary approach in the prevention of side effects of anticancer treatments.
10. They select and design the appropriate nutritional plan for the prevention and management of symptoms in breast cancer survivors.

**General Skills**

- Search, analysis and synthesis of data and information, also using the necessary technologies
- Exercise criticism and self-criticism/self-evaluation
- Generating new research ideas
- Promotion of free, creative and inductive thinking
- Adaptation to new situations

**(3) COURSE CONTENT**

- Evidence-Based Dietary Practice and Precision Nutrition
- Nutrition-Focused Physical Exam (NFPE)
- Evidence-based nutritional therapy of diabetes mellitus - Personalization
- Mediterranean Cretan Diet in maintaining health and preventing non-communicable diseases (NCDs)
- Nutritional - counseling intervention in pervasive developmental disorders
- Dysphagia and the International Dysphagia Diet Standardization Initiative (IDDSI)
- Multidisciplinary Approach to Epilepsy - Ketogenic Diet
- Nutrition and Healthy Ageing: The Role of Nutrition in Osteoporosis, Sarcopenia, Frailty and Mental Health
- Physical activity as part of the integrated and multidisciplinary approach for breast cancer survivors.
- Nutritional assessment and Evidence-Based Dietary Practice in breast cancer survivors

**(4) TEACHING and LEARNING METHODS - EVALUATION**

<b>METHOD OF DELIVERY</b>	Face-to-face, distance learning	
<b>USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES</b>	Use of Powerpoint & use of e-class learning management system are used complementary for asynchronous support of the learning process.	
<b>TEACHING ORGANIZATION</b>	<b>Activity</b>	<b>Semester Workload</b>
	Lectures and Interactive teaching	39
	Study and analysis of articles - bibliography - Independent Study	130
	Case presentation	19
	<b>Total Course</b>	<b>188</b>
<b>STUDENT EVALUATION</b>	<p>10% case presentation.          Final written exam 90%. The topics of the final written exam will be a combination of multiple choice and development questions. The evaluation will be done in the Greek language.          All graded papers are accessible to students</p>	

#### **(5) RECOMMENDED-BIBLIOGRAPHY**

**- Suggested Bibliography:**

*Krause and Mahan's. (2021) Food & The Nutrition Care Process. 15th Edition*

*Zambelas A. (2022) Clinical Dietetics and Nutrition with Pathology elements. 2nd Edition. Broken Hill Publishers LTD. Nicosia, Cyprus.*

**-Related scientific journals:**

- Clinical Nutrition
- Diabetes Care
- European Journal of Clinical Nutrition
- Journal of Cancer Survivorship
- Journal of Nutritional Biochemistry
- Journal of Parenteral and Enteral Nutrition
- Journal of the Academy of Nutrition and Dietetics
- Nutrients
- Nutrition
- Nutrition Reviews
- The American Journal of Clinical Nutrition