

**Semester V**  
**ANCC5: THERAPEUTIC NUTRITION**  
**(CREDITS: THEORY-4, PRACTICAL-2)**

**Contents:-**

**Unit: I Introduction to Diet Therapy**

- Basic concepts and objectives of diet therapy
- Therapeutic modifications of the normal diet
- Role of dietician- hospital and community level
- Team approach in patient care, interpersonal relationship with patients

**Unit: II Principles of Nutritional care, Types of hospital diets.**

- Principles of planning a normal diet.
- Routine hospital diets- liquid, soft and bland diets
- Nutrition support techniques- Enteral and parenteral feeding.
- Dietary management in surgery and burns.

**Unit: III Dietary management in Febrile and Gastrointestinal Disorders**

- Physiology of fever and metabolic changes.
- Dietary management of typhoid and tuberculosis.
- Etiology, symptoms, types ,clinical features and dietary management of gastritis and peptic ulcer.
  - Types, etiology ,clinical features and dietary management of diarrhea, constipation, irritable bowel syndrome.

**Unit: IV Dietary Management in Weight imbalance and Life style disorders**

- Importance of weight management
- Underweight and obesity- physiological complications, etiology and dietary management.
- Types, Etiology, symptoms, clinical features and nutritional management of Diabetes.
- Types, Etiology, clinical features and dietary management of cardiovascular diseases (Atherosclerosis and Hypertension)



## ANCCP5: THERAPEUTIC NUTRITION

### PRACTICAL

#### 1. Planning of diet for Following:

- In terms of consistency: Liquid diet-clear fluid and full fluid ,soft and bland diet
- Febrile illness
- Peptic ulcer patient
- Diarrhea and constipation.
- Irritable bowel syndrome
- Obese diabetes
- Atherosclerosis and hypertension
- Surgery and burns
- Underweight and obesity.



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## RECOMMENDED READINGS

1. Bamji, M.S., Rao, P.N., Reddy, V (Eds) (latest edition): Textbook of Human Nutrition, Oxford and IBH Publishing Co. Pvt. Ltd., New Delhi.
2. Mahan, L.K. & Ecott-Stump, S. (latest edition): Krause's Food, Nutrition and Diet Therapy, W.B. Saunders Ltd.
3. Shils, M.E.,; Olson, J.-, Shike, M. and Roos, C (latest edition): Modern Nutrition in Health and Disease. Williams and Williams. A Beverly Co. London.
4. Indian Council of Medical Research. Nutritive Value of Indian Foods-Latest Publication.



*Handwritten signature or initials in blue ink, possibly 'M. S. Rao'.*