

SUBJECT GUIDE

DIET AND DIET THERAPY

MODULE	CONTENT	YEAR	TERM	CREDITS	TYPE
Pharmacy	Diet and Diet therapy	5º	1º	6	Pptional
<b>LECTURERS</b>			<b>Postal address, telephone nº, e-mail address</b>		
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			<b>TUTOIALS</b>		
<b>DEGREE WITHIN WHICH THE SUBJECT IS TAUGHT</b>					
Grado en Farmacia					
<b>PREREQUISITES and/or RECOMMENDATIONS (if necessary)</b>					
Biochemistry, Physiology, Pathophysiology, Nutrition and Food Science					
<b>BRIEF ACCOUNT OF THE SUBJECT PROGRAMME (ACCORDING TO THE DEGREE</b>					
<p>- Owing to the general concern now about a fundamental issue in human life , culture and development of any society, as is the Diet , it is intended to train students in the basics of this discipline , items 1 and 2 of the program .</p> <p>- In the second paragraph, the student will know all dietary aspects necessary to resolve problems arising from a dietary point of view at different stages of life.</p>					



- The third part of the program aims to educate students to the aspects Top of therapeutic diets . Finally Section IV includes topics such important in the pharmacy such as drug - nutrient interactions and dispensing dietary supplements

#### **GENERAL AND PARTICULAR ABILITIES**

- **General Competencies**

- The Basic Skills, College and Transverse contained in the Agreement of the Andalusian Commission Bachelors degree in Pharmacy .

- **Specific Skills**

- Integrate and evaluate the relationship between food and nutrition in health states ( CE.M.2 )
- Participate in the design of total diet studies ( CE.M.4.5 )
- Handle basic ICT tools used in the field of Food, Nutrition and Dietetics ( CE.M.4.19 ) .
- Understand the legal and ethical limits of dietetic practice

Being able to substantiate the scientific principles underlying the intervention pharmacist, subordinating their performance to the scientific evidence ( CE.M.4.22 )

#### **OBJECTIVES (EXPRESSED IN TERMS OF EXPECTED RESULTS OF THE TEACHING PROGRAMME)**

- The knowledge needed to make diets in both health and disease

#### **DETAILED SUBJECT SYLLABUS**

#### **THEORETICAL:**

#### **I: INTRODUCTION**

- Item 1 -. Dietary basics. Food in Spain.  
Item 2 -. Nutritional Goals. Dietary Guidelines.

#### **II: FOOD IN DIFFERENT STAGES OF LIFE**

- Item 3 -. Feeding the child during the first year of life. Artificial feeding. formulas



- and start-up. special milk
- Item 4 -. Complementary feeding or "Beikost". Special Diet. Recommendations for feeding the allergic child.
- Item 5 -. Shops in later childhood.
- Item 6 -. Dietary recommendations in adolescence.
- Item 7 -. Dietary guidelines in adults. Pregnancy and lactation. Menopause. Physical activity.
- Item 8 -. Healthy Diet in the elderly.

### III: DIET THERAPY

- Item 9 - . Dietetics in the intestinal symptoms.
- Item 10 - . Dietary recommendations in cardiovascular disease.
- Item 11 - . Diets for weight control .
- Item 12 - . Dietetics in renal pathology.
- Item 13 - . Dietary treatment in gout and hyperuricemia .
- Item 14 - . Dietary Guidelines in diabetes.
- Item 15 - . Food and cancer.

### IV: ADDITIONAL ISSUES IN THE OFFICE OF PHARMACY

- Item 16 - . Drug and nutrient interactions .
- Item 17 - . Dietary Supplements

### PRACTICAL:

- 1 - Evaluation of nutritional status . Anthropometry . Interpretation of results .
- 2 - Management software for diet preparation and management of patients
- 3 - Development of diets for individuals based on their physiological needs and situations.
- 4 - Development of diets in patients with various pathologies.
- 5 - Investigation of dietary supplements and nutritional products sold in most office pharmacy and carry out a critical analysis of the benefits and harms that may result consumption.

### READING

- BELLIDO GUERRERO D, DE LUÍS ROMÁN DA (2006). Manual de nutrición y metabolismo. Ed. Díaz de Santos, Madrid.
- CERVERA, (2004). Alimentación y dietoterapia (Nutrición aplicada en la salud y la enfermedad) 4ª Ed. Interamericana-McGraw-Hill.
- CESNID (2008). Tablas de composición de alimentos por medidas caseras de consumo habitual en España. Ed McGraw-



Hill, Madrid.

- DUPIN H, CUQ J-L, MALEWIAK M, LEYNAUD-ROUAUD C, et BERTHIER (1997). La alimentación humana. Ed. Bellaterra Barcelona.
- GIL, A. (2010). Tratado de nutrición (Tomos II y III). Ed. Panamericana. Madrid.
- González Gallego J, Sánchez Collado P, Mataix Verdu J. (2011). Nutrición en el deporte: ayudas ergogénicas y dopaje (2011) Díaz de Santos: Fundación Universitaria Iberoamericana. Madrid
- MAHAN L K. Y ARLIN M. (2009). Nutrición y dietética de Krauser. 12ª ed. Elsevier Masson, Barcelona.
- MARTINEZ HERNÁNDEZ A, PORTILLO BAQUEDANO M DEL P (2011). Fundamentos teórico-prácticos de nutrición y dietética. Ed. Panamericana. Madrid
- MELVIN H. W (2005). Nutrición para la salud, la condición física y el deporte. McGraw-Hill. México
- MINISTERIO DE SANIDAD Y CONSUMO (1995). Tablas de composición de alimentos españoles. Ed. Ministerio de Sanidad y Consumo. Secretaría General Técnica. Centro de Publicaciones, Madrid.
- MUÑOZ M. ARANCETA J. GARCÍA JALON I. (2004) Nutrición y dietoterapia. Ed. EUNSA. Ediciones Universidad de Navarra.
- RIBERO M (2003). Nuevo manual de dietética y nutrición. Ed. V. Madrid.
- SALAS-SALVADO J, BONADA A, TRALLERO R, SALÓ ME, BURGOS R (2008). Nutrición y dietética clínica. 2ª ed. Ed. Masson. Barcelona.
- SENC (2001). Guías alimentarias para la población española. IM y C, S.A. Madrid.
- VAZQUEZ C, DE COS AI, LOPEZ NOMDEDEU C (2005). Alimentación y nutrición. Manual teórico-práctico, 2ª ed. Díaz de Santos, Madrid

### RECOMMENDED INTERNET LINKS

- <http://www.nutricioncomunitaria.org/> (Sociedad española de Nutrición Comunitaria)
- <http://www.senba.es/> (Sociedad de Nutrición Básica y adaptada)
- <http://www.sennutricion.org/> (Sociedad Española de Nutrición)
- <http://www.seedo.es/> (Sociedad Española para estudiar la Obesidad)
- <http://www.aecosan.msssi.gob.es/> (Agencia Española de Consumo, Seguridad Alimentaria y Nutrición)
- <http://portalfarma.com> (Consejo General de Colegios Oficiales de Farmacéuticos)
- <http://fen.org.es> (Fundación Española de Nutrición)

### TEACHING METHODOLOGY

- Participatory master class
- Learning based in solving problem and case studies

### PROGRAMA DE ACTIVIDADES

Primer cuatrimestre	Temas del temario	Actividades presenciales (NOTA: Modificar según la metodología docente propuesta para la asignatura)						Actividades no presenciales (NOTA: Modificar según la metodología docente propuesta para la asignatura)			
		Sesiones teóricas (horas)	Sesiones prácticas (horas)	Exposiciones y seminarios (horas)	Tutorías colectivas (horas)	Exámenes (horas)	Etc.	Tutorías individuales (horas)	Estudio y trabajo individual del alumno (horas)	Trabajo en grupo (horas)	Etc.
Semana 1											
Semana 2											



<b>Semana 3</b>											
<b>Semana 4</b>											
<b>Semana 5</b>											
...											
...											
...											
...											
...											
<b>Total horas</b>											

**EVALUATION (INSTRUMENT EVALUATION CRITERIA AND PERCENTAGE OF THE FINAL GRADE, ETC.)**

- Evaluation Criteria
  - The course grade is obtained considering that the theory test assumed 80% of the final grade , 10% for the examination of practices and 10% for independent student work .
  - The assessment of theoretical knowledge syllabus of the course will consist in : A final review of the theoretical part that consist of short questions, and test subject .
  - independent work . This work will consist of further topics of program , or related subject , and have a current interest , the objective principal, is to encourage group work , and contact with teacher concretely solve the problems put by the students. exposure of these works will be done in summary form in exposure classes work with In order to initiate the student in educational tasks.
  - Attendance at contact sessions is compulsory and at least 75 % is required of the total appropriations for assistance.



□ The assessment of knowledge and practical skills of the subject

For the evaluation of the practices will be considered :

- The development and interest shown during the execution of practices ( 15% of the final grade of these practices ) .
- The daily preparation of reports for each practice ( 15% final grade of these practices ) .
- A practical course on food and exercise on a theoretical basis practices and calculations made ( 70 % of final qualification these practices).

To pass the course you need to pass all three parts of it that are evaluated ( theory test , practical test and work)

### **Evaluation Techniques**

The evaluation will be summative and formative :

- .- Summative : Type of assessment of learning based on the results obtained by students . The immediate effect of this evaluation is the recognition level reached on this subject .
- .- Formative: Its purpose is also to know the results, evaluate processes and achievements that have led to these results. evaluation formative or process is intended to improve the type of education that has been offered to students , and thus help to improve the intervention in the future.

### **The evaluation will consist of:**

- ♣ Theoretical exam questions based on the contents of the program
- ♣ Practical examination including practical and theoretical aspects : skills and abilities, reporting and troubleshooting.
- ♣ Assessment of self-employment.

The overall control and monitoring mechanisms that will serve to evaluate the efficiency of teaching and learning will be used by the teacher :

- .- Class attendance .
- .- Issues raised by students in the development of the classes.
- .- Troubleshooting and active participation in the theoretical and practical classes.
- .- Presentation, discussion and development of self-employment.
- .- Delivery of reports and corresponding problems for practical assignments.



- .- Review of practices
- .- Final examination of the theoretical knowledge of the subject.

In addition to checking the pursuit of the subject by the students, is be considered :

- .- Statistics on the degree of success in overcoming the subject
- Polls students about the interest and importance of each of the sections of the syllabus.

**ADDITIONAL INFORMATIO**

Fill in the corresponding text in each case.

