

**BDB401 - Practice of Clinical Adult Nutrition**

| Course Name                                    | Code   | Term                     | Theory (hours/week) | Application (hours/week) | Laboratory (hours/week) | ECTS |
|--|--|--------------------------|---------------------|--------------------------|-------------------------|------|
| Practice of Clinical Adult Nutrition           | BDB401   | 7. and 8. Autumn/ Spring | 0                   | 8                        | 0                       | 8    |
| Prerequisites                                  | None   |                          |                     |                          |                         |      |
| Language of Instruction                        | Turkish  |                          |                     |                          |                         |      |
| Course Type                                    | Compulsory   |                          |                     |                          |                         |      |
| Learning and Teaching Techniques of The Course | Lecture, Question-answer, Case study, Brainstorming  |                          |                     |                          |                         |      |
| Instructor(s)                                  |  |                          |                     |                          |                         |      |
| Goal   | Teaching the methods to be applied in the clinic in patient follow-up and reading the patient file, analyzing the information in the file, and acquiring skills such as nutritional therapy planning according to the clinical laboratory findings of the patient.   |                          |                     |                          |                         |      |
| Learning Outcomes                              | <ol style="list-style-type: none"> <li>1. Learn the methods to be applied in the outpatient and clinic patient follow-up.</li> <li>2. The patient learns to read the file, analyze the information in the file and plan nutritional treatment according to the patient's clinical and laboratory findings.</li> <li>3. Learn the problems encountered in nutritional treatments and solutions in adult diseases.</li> <li>4. Access information about adult diseases, analyzes and gains the ability to present this information.</li> <li>5. Gain the ability to team up with all stakeholders on clinical dietitianism.</li> </ol> |                          |                     |                          |                         |      |
| References                                     | <ol style="list-style-type: none"> <li>1. Baysal A, Aksoy, M, Besler, T, Bozkurt N, Keçecioglu, S, Mercanligil, S, Merdol-Kutluay, T, Pekcan, G, Yildiz, E. (2016) Diyet el kitabı Ankara: Hatiboğlu Publicaiton</li> <li>2. Beslenme ve Diyet Dergisi <a href="https://beslenmevediyetdergisi.org/">https://beslenmevediyetdergisi.org/</a></li> <li>3. The American Journal of Clinical Nutrition</li> <li>4. British Journal of Nutrition</li> </ol>  |                          |                     |                          |                         |      |

**Course Outline Weekly:**

| WEEKS    | TOPICS   |
|----------|--|
| 1. Week  | Orientation<br>Adult diseases case presentations, patient file review, ability to give nutrition education, preparing a seminar, diet planning |
| 2. Week  | Adult diseases case presentations, patient file review, ability to give nutrition education, preparing a seminar, diet planning                |
| 3. Week  | Adult diseases case presentations, patient file review, ability to give nutrition education, preparing a seminar, diet planning                |
| 4. Week  | Adult diseases case presentations, patient file review, ability to give nutrition education, preparing a seminar, diet planning                |
| 5. Week  | Adult diseases case presentations, patient file review, ability to give nutrition education, preparing a seminar, diet planning                |
| 6. Week  | Adult diseases case presentations, patient file review, ability to give nutrition education, preparing a seminar, diet planning                |
| 7. Week  | Adult diseases case presentations, patient file review, ability to give nutrition education, preparing a seminar, diet planning                |
| 8. Week  | Adult diseases case presentations, patient file review, ability to give nutrition education, preparing a seminar, diet planning                |
| 9. Week  | Adult diseases case presentations, patient file review, ability to give nutrition education, preparing a seminar, diet planning                |
| 10. Week | Adult diseases case presentations, patient file review, ability to give nutrition education, preparing a seminar, diet planning                |
| 11. Week | Adult diseases case presentations, patient file review, ability to give nutrition education, preparing a seminar, diet planning                |
| 12. Week | Adult diseases case presentations, patient file review, ability to give nutrition education, preparing a seminar, diet planning                |
| 13. Week | Adult diseases case presentations, patient file review, ability to give nutrition education, preparing a seminar, diet planning                |
| 14. Week | Adult diseases case presentations, patient file review, ability to give nutrition education, preparing a seminar, diet planning                |
| 15. Week | Adult diseases case presentations, patient file review, ability to give nutrition education, preparing a seminar, diet planning                |

**Student Work Load Table**

| Activities   | Number | Duration | Total Work Load |
|--|--------|----------|-----------------|
| Course Duration  |        |          |                 |
| Laboratory   |        |          |                 |
| Practice   | 14     | 12       | 168             |
| Field Study  | 7      | 1        | 7               |
| Study Time Of Outside Of Class (Pre-Study, Practice, Etc.)             | 1      | 7        | 7               |
| Presentations (Video shoot/Poster preparation/Oral presentation, Etc.) | 1      | 5        | 5               |
| Seminars   |        |          |                 |
| Project  |        |          |                 |
| Case study   | 1      | 3        | 3               |
| Role playing, Dramatization  |        |          |                 |
| Writing articles, Critique   |        |          |                 |
| Time To Prepare For Midterm Exam                                       |        |          |                 |
| Final Exam Preparation Time  | 1      | 10       | 10              |
| <b>Total Work Load ( hour ) / 25(s)</b>                                |        |          | $200 / 25 = 8$  |
| <b>ECTS</b>  |        |          | <b>8</b>        |

#### Evaluation System

| Mid-Term Studies                            | Number | Contribution |
|---|--------|--------------|
| Midterm exams                               |        |              |
| Quiz  |        |              |
| Laboratory                                  |        |              |
| Practice                                    | 1      | 20%          |
| Field Study                                 | 1      | 20%          |
| Course Internship (If There Is)             | 2      | 20%          |
| Homework's                                  | 3      | 20%          |
| Presentation and Seminar                    | 1      | 20%          |
| Project                                     |        |              |
| Other evaluation methods                    |        |              |
| <b>Total Time To Activities For Midterm</b> |        | <b>100</b>   |
| <b>Final works</b>                          |        |              |
| Final                                       |        |              |
| Homework                                    | 2      | 100%         |
| Practice                                    |        |              |
| Laboratory                                  |        |              |
| <b>Total Time To Activities For Midterm</b> |        | <b>100</b>   |
| Contribution Of Midterm Studies On Grades   |        | 40%          |
| Contribution Of Final Exam On Grades        |        | 60%          |
| <b>Total</b>                                |        | <b>100</b>   |

**The relationship between learning outcomes and the program qualifications of the courses**

| Program Qualifications   | Learning outcomes |        |       |       |       |
|--|-------------------|--------|-------|-------|-------|
|  | L.O.1             | L.O. 2 | L.O.3 | L.O.4 | L.O.5 |
| 1. Enables the students to use theoretical knowledge based on basic and social sciences in practice.   | 5                 | 5      | 5     | 5     | 3     |
| 2. Has the ability to use equipments and information Technologies required for the professional practice efficiently.  | 5                 | 4      | 2     | 4     | 2     |
| 3. Knows his rights, duties and responsibilities towards the society, colleagues, and other professions, individuals and patients, and learns how to behave in harmony with the professional ethical rules.  | 5                 | 5      | 5     | 5     | 5     |
| 4. When confronted with problems within any field of Nutrition and Dietetics, has the ability to observe, diagnose, assess, report and come up with solutions thanks to their up-to-date knowledge and skills.   | 5                 | 5      | 4     | 5     | 4     |
| 5. Gains efficient working skills based on the principles of effective communication, responsibility, solution-oriented working in disciplinary and interdisciplinary conditions.  | 5                 | 5      | 5     | 5     | 5     |
| 6. Has the ability to make a plan for a research individually or as part of a team, make experiments, collect and analyze the data, interpret and write a report by using theoretical / practical knowledge and skills gained in the field of Nutrition and Dietetics. | 5                 | 5      | 5     | 5     | 5     |
| 7. Develops suggestions for healthy/sick individuals and those at risk considering their lifelong diet.  | 5                 | 5      | 5     | 5     | 5     |
| 8. Gains knowledge to contribute to the diet plans and politics to be developed based on the needs of the individuals and the society.   | 4                 | 4      | 5     | 5     | 5     |
| 9. Improves themselves by following the latest advances in their profession nationally and internationally, and acquires awareness in lifelong learning.   | 5                 | 5      | 5     | 5     | 5     |

**Contribution to the level of proficiency: 1. Lowest, 2. Low / Medium, 3. Average, 4. High, 5. Excellent**