Postgraduate Diploma in Dietetics

Introduction

This program will be conducted for at least 1 year (2 Semester). The course will involve the acquisition of knowledge in health sciences and clinical nutrition practices. The program provides opportunity for Nutritionist inside and outside the country, either in service or just graduated in the field of Nutritional Sciences to improve their knowledge and skills in Dietetics. Students will be trained in patient nutritional care in hospital especially involving those who requires special nutrition. Expert in Dietetics will be able to provide excellent and quality services not only in hospital but also at community level in outpatient clinic as well as health clinics at Ministry of Health Malaysia. Graduate from this program can also function as consultant in the field related to nutrition and health care.

Objectives

To produce competent graduate with strong theoretical foundation as well as practical skills and comprehensive individual dietary management for individuals, family and the community. Graduates from this program are able to perform clinical work relating to nutrition for the patient wellbeing.

Total Unit

The total compulsory units that have been set for this programme is 33 units.
Curriculum for Postgraduate Diploma in Dietetics

Semester I

<table>
<thead>
<tr>
<th>Code</th>
<th>Course Name</th>
<th>Unit</th>
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<tbody>
<tr>
<td>NNND5012</td>
<td>Medical Nutrition Therapy</td>
<td>2</td>
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<tr>
<td>NNND5013</td>
<td>Patient Education</td>
<td>3</td>
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<tr>
<td>NNND5014</td>
<td>Special Medical Topic</td>
<td>4</td>
</tr>
<tr>
<td>NNND5032</td>
<td>Therapeutic Diet Preparation</td>
<td>2</td>
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<td>NNND5034</td>
<td>Outpatient Dietetic Service I</td>
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<td><strong>Total Units</strong></td>
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Semester II

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<th>Course Name</th>
<th>Unit</th>
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<td>NNND5052</td>
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<td>2</td>
</tr>
<tr>
<td>NNND5024</td>
<td>Outpatient Dietetic Service II</td>
<td>4</td>
</tr>
<tr>
<td>NNND5044</td>
<td>Special Unit Dietetic Service I</td>
<td>4</td>
</tr>
<tr>
<td>NNND5064</td>
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<td><strong>Total Units</strong></td>
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Grand total units is 33 units
LIST OF COURSES WITH PROGRAMME OUTCOMES FOR POSTGRADUATE DIPLOMA IN DIETETICS

The aims of the programme Postgraduate Diploma in Dietetics are to:

**PO1:** Prepare graduates with enhanced knowledge, expertise and skills in specialised areas;

**PO2:** Train graduates with competencies in evaluating and adapting protocols and procedures;

**PO3:** Prepare graduates who are creative, innovative, sensitive and responsible towards the community, culture and environment;

**PO4:** Develop graduates who can take leadership role in planning and implementing tasks;

**PO5:** Train graduates with good teamwork, communication, problem-solving and scientific skills;

**PO6:** Generate graduates who can conduct research with minimal supervision;

**PO7:** Further enhance ICT, managerial and entrepreneurial skills in graduates; and

**PO8:** Instill lifelong learning skills in graduates.

### Semester I

<table>
<thead>
<tr>
<th>No</th>
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<th>Programme Outcome (PO)</th>
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<tbody>
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<td>Medical Nutrition Therapy</td>
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### Semester II

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Synopsis of Courses for Postgraduate Diploma in Dietetics

**NNND5012 Medical Nutrition Therapy**

This is a core course for dietary principles and management of diseases. The course covers topics on pathogenesis, manifestation, physiology and biochemistry of diseases such as obesity, eating disorders, endocrine diseases (NIDDM and IDDM), cardiovascular diseases and micronutrient deficiency. Aspects of nutrition management for protein-energy malnutrition, diarrhea, metabolic disorder and the utilization of special products are also discussed. The lectures will cover the process of dietary management which includes nutrition assessment, planning, implementation and monitoring of prescribed diets.

**Basic Readings**

**NNND5013 Patient Education**

The aim of this course is to expose students to definition, duty scope and work ethics of dietetic profession in clinical, community catering and administration. Basic knowledge on patient education will be emphasized, including: patients’ knowledge, attitudes and practices toward diseases; techniques in introducing dietary and lifestyles changes of the patients; documentation techniques; dietary counseling techniques; nutritional status assessment techniques in clinical scope and preparation of effective patient education package. Students will be trained with dietary counseling skills during ‘mock counseling’ sessions. Students will also be required to prepare a nutrition education package for a specific disease.

**Basic Readings**

**NNND5014 Special Medical Topic**

This core course will involve various medical topics. It will define common medical terms normally used by physicians. It will also introduce the students with various analytical procedures to diagnoses certain diseases. This course will also discuss the pathophysiology and treatment of diseases. The diseases that will be taught include gastrointestinal, cardiovascular, endocrine, renal and nervous system diseases. Lectures will also cover medical aspects of geriatric, trauma, surgery and burns. Students will also be exposed to the management of patients in wards or clinics. This is to emphasise the clinical importance of treatment.

**Basic Readings**

**NNND5032 Therapeutic Diet Preparation**
This course gives clinical exposure in modifying normal diet to therapeutic diet. Students will be exposed to special dietetic products available in the market. The ability to order food ingredients, calculating nutrient contents, preparing food and food testing will be emphasized. Lectures on how to apply theory learned in previous years will be given before each practical session. Assessment will be based on the ability to purchase food, nutrient calculation, food preparation and demonstration as well as taste.

**Basic Readings**


**NNND5034 Outpatient Dietetic Service I**

This course is a practical clinical training course in out-patient dietetics. Students will start their training by observing dietary counseling session followed by assessing patient’s nutritional status, planning, monitoring and giving dietary counseling to the patients. Students will also learn the process of patient referral, reading medical records and communicate with other health care professionals. Training will take place in Diet Clinic at Klinik Warga, HUKM.

**Basic Readings**


**NNND5054 Inpatient Dietetic Service I**

This course is a practical training course in in-patient dietetics. Students will learn therapeutic diets and enteral-parenteral nutrition in the hospital setting. Students will be trained in nutrition status assessment, planning, implementation and monitoring of patients. Students will also learn the process of patient referral, reading medical records and participate in multi disciplinary health care. Training will take place in the medical, gynae and surgical wards.

**Basic Readings**


**NNND5052 Food Service Posting**

Students will undergo industrial training for 5 weeks at Nutrition and Dietetic Department in government or private hospitals. This training emphasize on managing of food service including staff management, purchasing, receiving, storing, serving, budgeting, quality assurance, work safety and food hygiene. Students are also required to do related projects and programs which will be evaluated during the training.
Basic Readings

NNND5024 Outpatient Dietetic Service II
This course is an extension of ND 5034 Dietetic Services for Out-patient I. Students are sent for attachment in government hospital in selected discipliner such as medical, paediatric, surgical and renal. Through this hospital attachment, student will be able to exchance their dietetic / clinical knowledge skill and achieve greater confidence in patient nutritional status assessment dietary planning and conducting, dietary counseling under the dietitians supervision.

Basic Readings

NNND5044 Special Unit Dietetic Service I
This is an extension of ND5024 Out Patient Dietetic Service II and ND5064 In-patient Dietetic Service II. The course is conducted in selected specialist hospitals in the Klang Valley. Students will be supervised by experienced dietitians. Students will receive exposure to cases in geriatrics, enteral nutrition, paediatrics, oncology, renal, gastro, liver, critical care and trauma.

Basic Readings

NNND5064 Inpatient Dietetic Service II
This course is an extension of N5054 In-Patient Dietetics I. Students will be placed in several hospitals under the supervision of dietitians and gain insight into the working environment of dietitians. Students will be exposed to patient records, diagnosis, laboratory/ diagnostic procedures as part of the nutritional care of the patient. Students will also be required to submit case studies and presentations.

Basic Readings