

# **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

Code	Course Name	Unit
NNND5012	Medical Nutrition Therapy	2
NNND5013	Patient Education	3
NNND5014	Special Medical Topic	4
NNND5032	Therapeutic Diet Preparation	2
NNND5034	Outpatient Dietetic Service I	4
NNND5054	Inpatient Dietetic Service I	4
	<b>Total Units</b>	<b>19 units</b>

### Semester II

Code	Course Name	Unit
NNND5052	Food Service Posting	2
NNND5024	Outpatient Dietetic Service II	4
NNND5044	Special Unit Dietetic Service I	4
NNND5064	Inpatient Dietetic Service II	4
	<b>Total Units</b>	<b>12 units</b>

**Grand total units is 33 units**



# 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

- Katz, D.L. 2008. *Nutrition in clinical practice*. 2nd Edition. Philadelphia: Lippincott William & Wilkins.
- Lee, R.D. & Nieman, D.C. 2009. *Nutritional assessment*. 5th Edition. London: McGraw Hill.
- Mahan, L.K. & Escott-Stump, S. 2007. *Krause's food and nutrition therapy*. 12th Edition. Philadelphia: W.B.Saunders.
- Ministry of Health Malaysia & Malaysia Dietitians' Association. 2005. *Medical nutrition therapy guidelines: diabetes, hyperlipidemia & hypertension*. Kuala Lumpur: Persatuan Dietitian Malaysia.
- Shaw, V. & and Lawson, M. 2007. *Clinical Paediatric Dietetics*. 3<sup>rd</sup> Edition. Wiley-Blackwell.

## 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

- Behan E. 2005. *Therapeutic Nutrition: A Guide to Patient Education*. Lippincott Williams & Wilkins.
- Falvo, D.R. 2010. *Effective patient education: A guide to increased adherence*. 4th Edition. Jones & Bartlett Publishers.
- Gable, J. 2007. *Counseling skills for dietitians*. 2nd Edition. Massachusetts: Wiley-Blackwell Science.
- Holli, B.B., O'Sullivan, J. & Calabrese, R.J. 2003. *Communication and education skill for dietetics professionals*. 4th Edition. Illinois: Lippincott Williams & Wilkins.
- Redman, B.K. 2002. *Measurement tools in patient education*. 2nd Edition. New York: Springer

## NNND5014 Special Medical Topic

This core course will involve various medical topics. It will define common medical terms normally use 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

- Hay, W., Levin, M., Deterding, R. & Sondheimer, J. 2008. *CURRENT Diagnosis and Treatment Pediatrics*. 19th Edition. McGraw-Hill Medical.
- Kasper, D.L., Braunwald, E., Fauci, A., Hauser, S., Longo, D. & Jameson, J.L. 2004. *Harrison's principles of internal medicine*. 16th Edition. Boston: McGraw Hill Professionals.
- Kim E. Barrett, Susan M. Barman, Boitano, S. & Brooks, H. 2009. *Ganong's Review of Medical Physiology*, 23rd Edition. McGraw-Hill Medical.
- Kumar, P. & Clark, L.M. 2005. *Clinical Medicine: with STUDENT CONSULT Access*. 6th Edition. Saunders Ltd
- McPhee, S.J. & Papadakis, M.A. 2008. *Current medical diagnosis & treatment 2009*. Boston: McGraw-Hill Medical

## 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**

- Drummond, K.E. & Breferre, L.M. 2009. *Nutrition for foodservice & culinary professionals*. 7th Edition. New Jersey: John Wiley & Sons.
- Escott-Stump, S. 2007. *Nutrition and diagnosis-related care*. 6th Edition. Philadelphia: Lippincott, Williams & Wilkins.
- Ministry of Health Malaysia & Malaysia Dietitians' Association. 2005. *Medical nutrition therapy guidelines: Diabetes, hyperlipidemia, hypertension & chronic kidney disease*. Kuala Lumpur: Persatuan Dietitian Malaysia.
- Persatuan Pemakanan Malaysia. 2002. *Resepi sihat: Pilihan bijak*. Jilid I. Vol 2. Kuala Lumpur: Persatuan Pemakanan Malaysia.
- Tee, E.S., Ismail M.N., Nasir, M.A. & Khadijah, I. 1997. *Nutrient composition of Malaysian foods*. Kuala Lumpur: Institute for Medical Research.

### **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**

- Escott-Stump, S. 2002. *Nutrition and diagnosis-related care*. 5th Edition. Philadelphia: Lippincott, Williams & Wilkins.
- Lee, R.D. & Nieman, D.C. 2009. *Nutritional assessment*. 5th Edition. London: McGraw Hill.
- McPhee, S.J. & Papadakis, M.A. 2008. *Current medical diagnosis & treatment 2009*. Boston: McGraw-Hill Medical.
- Ministry of Health Malaysia & Malaysia Dietitians' Association. 2005. *Medical nutrition therapy guidelines: Diabetes, hyperlipidemia & hypertension, chronic kidney disease*. Kuala Lumpur: Persatuan Dietitian Malaysia.
- Shaw, V. & and Lawson, M. 2007. *Clinical Paediatric Dietetics*. 3<sup>rd</sup> Edition. Wiley-Blackwell.

### **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**

- Escott-Stump, S. 2002. *Nutrition and diagnosis-related care*. 5th Edition. Philadelphia: Lippincott, Williams & Wilkins.
- Kasper, D.L., Braunwald, E., Fauci, A., Hauser, S. Longo, D. & Jameson, J.L. 2004. *Harrison's principles of internal medicine*. 16th Edition. Boston: McGraw Hill Professionals.
- McPhee, S.J. & Papadakis, M.A. 2008. *Current medical diagnosis & treatment 2009*. Boston: McGraw-Hill Medical
- Rolandelli, R., Bankhead, R., Boullata, J. & Compher, C. 2004. *Clinical Nutrition: Enteral and Tube Feeding, Text with CD-ROM*. 4th Edition. Boston: Saunders.
- Shaw, V. & and Lawson, M. 2007. *Clinical Paediatric Dietetics*. 3<sup>rd</sup> Edition. Wiley-Blackwell.

### **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**

- Birchfield, J.C. & Sparrowe, R.T. 2003. *Design and layout of foodservice facilities*. New Jersey: John Wiley & Sons.
- Knight, J.B.L. & Kotschevar, L.H. 2000. *Quantity food production, planning and management*. 3rd Edition. New Jersey: John Wiley & Sons.
- Miller, J.E., Dopson, L.R. & Hayes, D.K. 2005. *Food & beverage: Cost control*. 3rd Edition. New Jersey: John Wiley & Sons.
- National Restaurant Association Educational Foundation. 2004. *Servsafe essentials*. 3rd Edition. Chicago: National Restaurant Association.
- Spears, M.C. & Gregoire, M.B. 2009. *Food service organization. A managerial and systems approach*. 7th Edition. New Jersey: Prentice Hall.

### **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 exchange 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**

- Escott-Stump, S. 2002. *Nutrition and diagnosis-related care*. 5th Edition. Philadelphia: Lippincott, Williams & Wilkins.
- Lee, R.D. & Nieman, D.C. 2009. *Nutritional assessment*. 5th Edition. London: McGraw Hill.
- McPhee, S.J. & Papadakis, M.A. 2008. *Current medical diagnosis & treatment 2009*. Boston: McGraw-Hill Medical Ministry of Health Malaysia & Malaysia Dietitians' Association. 2005. *Medical nutrition therapy guidelines: Diabetes, hyperlipidemia & hypertension, chronic kidney disease*. Kuala Lumpur: Malaysian Dietitian Association.
- Shaw, V. & and Lawson, M. 2007. *Clinical Paediatric Dietetics*. 3<sup>rd</sup> Edition. Wiley-Blackwell.

### **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**

- Cresci, G. 2005. *Nutrition support for the critically ill patients: A guide to practice*. Florida: CRC Press.
- McPhee, S.J. & Papadakis, M.A. 2008. *Current medical diagnosis & treatment 2009*. Boston: McGraw-Hill Medical Ministry of Health Malaysia & Malaysia Dietitians' Association. 2005. *Medical nutrition therapy guidelines: Diabetes, hyperlipidemia & hypertension, chronic kidney disease & nutrition support in critically ill adults*. Kuala Lumpur: Persatuan Dietitian Malaysia.
- Mitch, W.E. & Klahr, S. 2002. *Handbook of nutrition and the kidney*. 4th Edition. Philadelphia: Lippincott Williams & Wilkins.
- Shaw, V. & and Lawson, M. 2007. *Clinical Paediatric Dietetics*. 3<sup>rd</sup> Edition. Wiley-Blackwell.

### **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**

- Cresci, G. 2005. *Nutrition support for the critically ill patients: A guide to practice*. Florida: CRC Press.
- Kasper, D.L., Braunwald, E., Fauci, A., Hauser, S. Longo, D. & Jameson, J.L. 2004. *Harrison's principles of internal medicine*. 16th Edition. Boston: McGraw Hill Professionals.
- McPhee, S.J. & Papadakis, M.A. 2008. *Current medical diagnosis & treatment 2009*. Boston: McGraw-Hill Medical
- Rolandelli, R., Bankhead, R., Boullata, J. & Compher, C. 2004. *Clinical Nutrition: Enteral and Tube Feeding, Text with CD-ROM*. 4th Edition. Boston: Saunders.

Shaw, V. & and Lawson, M. 2007. *Clinical Paediatric Dietetics*. 3rd Edition. Wiley-Blackwell.