INTRODUCTION

Course description:

This unit involves the study of nutrients, their functions, their dietary sources, and their recommended intakes. Furthermore, the health aspects related to their deficiency and excess are explored. In this Unit, the most relevant nutritional problems are considered and the dietary recommendations are explored. Lastly, nutrition and diet also be considered from the hospital perspective.

- **Degree**: Nursing
- **Module in the Degree Program**: Module 1: Basic Nursing Education. Materia I: Structure, function and behaviour of the human being
- **Number of credits**: 3ECTS
- **Year**: Second, 1st semester
- **Type of course**: Required
- **Instructors**: Dra. Mónica Arias Colinas
- **Language**: English
- **Lecture schedule**: Refer to the calendar to access full timetable and teaching room

LEARNING OUTCOMES (Competencies)

SPECIFIC COMPETENCIES (CE):

- **CE05**. Being familiar with and assessing the nutritional needs of healthy people and people with health problems in all stages of the life cycle to be able to promote and bolster guidelines for healthy eating behaviors. Identifying nutrients and the foods where they can be found.
- **CE06**. Identifying the most prevalent nutritional problems and selecting suitable dietary recommendations.

GENERAL COMPETENCIES (CG):

- **CG01**. In the context of nursing, students must be able to provide technical and professional healthcare that fits the health needs of the people they care for, in accordance with their stage in the process of acquisition of academic knowledge and the quality and safety levels established in applicable legal and ethical standards.
- **CG02.** Planning and providing nursing care aimed at patients, families and groups and at achieving results in healthcare, and evaluating their impact using clinical-practice and patient-care guidelines, which describe the processes used to diagnose, treat and care for a health problem.
- **CG06.** Basing nursing interventions on scientific evidence and the resources available.
- **CG09.** Encouraging healthy lifestyles and self-care, and supporting preventive and therapeutic behavior.
- **CG10.** Protecting the health and welfare of the patients, families and groups treated and ensuring their safety.

- **CG11.** Establishing effective communication with patients, families, social groups and co-workers, and encouraging health education.
- **CG15.** Working with a team of professionals as a basic unit in the unidisciplinary, multidisciplinary or interdisciplinary structure of healthcare professionals and other personnel in patient-care organizations.
- **CG16.** Being familiar with healthcare information systems.
- **CG17.** Students must provide nursing care based on comprehensive healthcare, which involves multi-professional cooperation, process integration and the continuity of care.

ESSENTIAL COMPETENCIES (CB):

- **CB1.** Based on a general secondary school education, students must demonstrate that they possess and understand knowledge in an area of study whose content often comes from advanced text books, but also includes cutting-edge knowledge in this field of study.
- **CB2.** Students must know how to apply their knowledge to their work or vocation in a professional way and must have the competences that are usually demonstrated by means of preparing and defending arguments and solving problems within their area of study.
- **CB3**. Students must have the ability to gather and interpret relevant data (usually within their area of study) to make judgments that include a reflection on relevant social, scientific and ethical topics.
- **CB4.** Students must be able to transmit information, ideas, problems and solutions to specialized and general audiences.
- **CB5.** Students must develop the learning skills required to undertake subsequent studies with a high level of independence.

PROGRAM

1. Introduction

2. Macronutrients: Carbohydrates. Lipids. Proteins. Fiber and Water

3. Micronutrients: Vitamins. Minerals

4. Balanced diet and malnutrition

5. Therapeutic Diets.

- Diets with carbohydrate control
- Diets modified in energy intake (Hypocaloric, normocaloric and hypercaloric diet)
- Progressive Diets (Liquid, Semi-Liquid, Semi-Bland, Bland)
- Diets with modified texture and consistency

EDUCATIONAL ACTIVITIES

I. CLASSROOM TEACHING ACTIVITIES

1. Lectures (1,04 ECTS. 26 hours)

Interactive lectures on the themes indicated in the syllabus with the help of PowerPoint presentations, videos, in-class activities... When deemed appropriate, the lecturer will post on ADI notes for some of the topics and some recommendations for further reading.

Active participation of students will be encouraged at all times. This will facilitate the student learning process.

2. One-to-one tutorials (0,04 ECTS. 1 hour)

Students will be invited to contact the unit lecturer should they have any queries about the unit

3. Evaluation (0,08 ECTS. 2 hours)

Students will show acquisition of knowledge, attitudes and skills of the competencies by means of a MCQ final Exam.

II.PERSONAL WORK (1.84 ECTS. 46 hours)

Students will be required to carry out autonomous personal study work. They will be responsible for organizing their work and acquiring the different competencies, assuming responsibilities, and controlling the personal learning process.

Students should conduct the personal study using the recommended bibliography if needed.

Students may have to prepare oral presentations in English.

ASSESSMENT

There will be a multiple choice final exam with 4 answer options. Exams questions will be drawn directly from lectures, class discussions and seminars. To avoid the 'chance effect', one correct answer will be subtracted for every three errors (-0.33).

The percentage of the Final Exam mark will be 100% of the final grade.

To pass the exam and therefore the Unit, the mark should not be less than 5 out of 10. If the student fails, the student will need to sit the examination in June.

As established in Article 5 of Royal Decree 1125/2003, results will be marked on a scale from 0 to 10 and one decimal point, to which the corresponding qualitative mark may be added:

• 0-4.9: Fail (SS)

• 5.0-6.9: Pass (AP)

• 7.0-8.9: Very good (NT)

• 9.0-10: Excellent (SB)

Attendance and participation: Class attendance is not mandatory, but it, along with participation and collaboration during the sessions, will be taken into account qualitatively.

Evaluation in the ordinary call

The Final Exam counts 100% of the Nutrition and Diet unit.

To pass the Nutrition and Diet course, the Final Exam has to be passed (to achieve a grade of 5 or above)

Evaluation in the extraordinary call

For those who do not pass the final exam in December (ordinary call), there will be an extraordinary assessment in June. The Extraordinary assessment will follow the same assessment criteria as the Ordinary one.

There exam will be a multiple choice test with 4 answer options. Exams questions will be drawn directly from lectures, class discussions and seminars. To avoid the 'chance effect', one correct answer will be subtracted for every three errors (-0.33).

If the student fails the extraordinary examination, the entire course will have to be undertaken the following year.

EXAMS REVIEW

Students will be able to review the exam in an interview with the lecturer, after the publication of the grades, in a day and place that will be indicated.

OFFICE HOURS

Dra. Mónica Arias Colinas (maricol@unav.es)

- Despacho S095 Edificio Castaños Planta -1
- Horario de tutoria: Appointments will be agreed by e-mail

BIBLIOGRAPHY AND RESOURCES

Bibliografía Básica

Martínez J.A., Astiasarán I., Muñoz M. y Cuervo M (2013) Alimentación Hospitalaria 1: Fundamentos. Ed. Díaz de Santos. Localízalo en la Biblioteca

Cuervo M. y Ruiz de las Heras A. (2013). Alimentación Hospitalaria 2: Dietas hospitalarias. Ed. Díaz de Santos. Localízalo en la Biblioteca

Gil, A. (2017). Tratado de Nutrición. 3º Edición. Panamericana. Localízalo en la Biblioteca

Mahan LK. Escott-Stump. (2017). Krause dietoterapia. 14ª edición. Editorial McGraw-Hill-Interamericana. Madrid. Localízalo en la Biblioteca

Nix, S. (2022). Williams. Nutrición básica y dietoterapia (16a ed.). Elsevier España.

Bibliografía Recomendada

Astiasaran I y Martínez JA. (2010). Alimentos: Composición y Propiedades. Editorial Mc Graw Hill-InterAmericana de España. Localízalo en la Biblioteca

FESNAD. Ingestas dietéticas de referencia (IDR) para la población española (2010). Federación de Sociedades de Nutrición, Alimentación y Dietética (FESNAD). Eunsa. Ediciones Universidad de Navarra, S.A. Pamplona. Localízalo en la Biblioteca

Martínez, J.A. y Portillo M.P. (2011). Fundamentos de Nutrición y Dietética: Bases metodológicas y aplicaciones. Editorial Médica Panamericana. Localízalo en la Biblioteca

Miguel Angel Martínez-Gonzalez (2018). Salud a Ciencia Cierta. Editorial Planeta Localízalo en la Biblioteca

Miguel Angel Martínez-Gonzalez (2020). ¿Que comes?. Editorial Planeta Localízalo en la Biblioteca

Páginas web de interés:

Agencia Española de Seguridad Alimentaria.http://www.aesan.msc.es/

Asociación para la Promoción del Consumo de Frutas y Hortalizas: http://www.5aldia.org

Base de datos española de composición de alimentos: http://www.bedca.net/

Centro de Investigación en Nutrición-Universidad de Navarra. http://www.unav.edu/web/centro-de-investigacion-en-nutricion

Consejo Europeo de Información sobre alimentación (EUFIC): http://www.eufic.org/index/es

FAO: Organización de las Naciones Unidas para la Agricultura y la Alimentación. http://www.fao.org

FDA: Food and Drug Administration. U.S. Department of Health and Human Services. http://www.fda.gov

FENS. Federation of European Nutrition Societies. http://www.fensnutrition.eu/

FESNAD: Federación Española de Nutrición, Alimentación y Dietética. http://www.fesnad.org/ Guías alimentarias americanas 2015- 2020. http://health.gov/dietaryguidelines/2015/guidelines/

IUNS: International Union of Nutritional Sciences.http://www.iuns.org

NS: Nutrition Society.http://www.nutsoc.org.uk

- SEN: Sociedad Española de Nutrición.http://www.sennutricion.org

@X@buscador_unika.obtener@X@