

مشروع الدليل الإرشادي لطلاب الدراسات العليا بجامعة حائل

مقدمة

لأجل بناء القدرات والإمكانات اللازمة لتحقيق الأهداف الطموحة لـ «رؤية المملكة العربية»، ظهرت الحاجة إلى إطلاق برنامج التحول الوطني كأحد البرامج التنفيذية لرؤية ٢٠٣٠. ويتضمن برنامج التحول الوطني ثمانية أبعاد في غاية الأهمية ويأتي في مقدمتها الارتقاء بالرعاية الصحية والذي بدوره يحتوي على عدة مبادرات أهمها المشروع الوطني لتخطيط وتطوير برامج الدراسات العليا الصحية وتهدف هذه المبادرة إلى وضع برامج لتخطيط وتطوير العملية التدريبية بما يزيد أعداد المقاعد التدريبية ويحسن جودة مخرجات التدريب للمساهمة في تأهيل الكوادر الصحية المتخصصة في مجال الرعاية الصحية في المملكة العربية السعودية. إن الرؤية قد وضعت محاوراً عدة لتطوير الرعاية الصحية في المملكة، فمن تعزيز نمط الحياة الصحي غذاءً ونشاطاً بدنياً وبعداً عن الممارسات الضارة كالتدخين، وللدور الكبير الذي يلعبه الغذاء الصحي وتغيير نمط الحياة بزيادة النشاط البدني في تقليل مخاطر البدانة والسمنة التي تمثل أكبر المشاكل التي يعاني منها المجتمع السعودي مما يترتب عليه تقليل معدل الإصابة بالأمراض المزمنة مثل مرض السكر والقلب وتصلب الشرايين وما يترتب عليهم من أمراض أخرى.

ولا يخفى علينا أن مدينة حائل تأتي في المراتب الأولى من حيث معدلات البدانة والسمنة في المملكة العربية السعودية مما يجعل برنامج الماجستير في التغذية العلاجية أحد المبادرات التي تقدمها كلية العلوم الطبية التطبيقية بجامعة حائل لتأهيل كادر وطني مؤهل فنياً وأكاديمياً لتصميم الاستراتيجيات التي من شأنها تساعد في تحقيق أهداف البعد الأول في برنامج التحول الوطني في تعزيز وارتقاء الخدمات الصحية لمجتمع مدينة حائل والمملكة العربية السعودية.

الرؤية

تخريج خريجين وقادة مؤهلين تأهيلاً عالياً في مجال التغذية السريرية والراغبين في إجراء أبحاث عالية الجودة للحصول على إجابات لبعض قضايا التغذية الحرجة على المستوى المحلي والخليجي

الرسالة

تخريج خبراء وقادة ومحترفين داعمين وقادرين على تقديم أبحاث التغذية السريرية الفريدة والمتقدمة وخدمات الرعاية الصحية في المهنة والمجتمع

الأهداف

1. تحسين المستوى التعليمي والأكاديمي لخريجي التغذية الإكلينيكية ليكونوا خبراء تغذية سريريين متميزين في مجالات دقيقة في التغذية الإكلينيكية (تغذية مرضي السكري، تغذية مرضي الضغط وتصلب الشرايين، تغذية مرضي الكلي، الخ) والقدرة على استخدام التكنولوجيا المتقدمة والجديدة في توصيل المعلومات إلى المرضى والعلماء.
2. تحسين مهارات البحث للطلاب وإثراء مجال التغذية السريرية بالبحوث العلمية.
3. تمكين أخصائيين التغذية السريرية من تحسين جودة رعاية المرضى للمساعدة في تحسين نظام الرعاية الصحية وخدمة المجتمع.
4. تطوير وترقية أخصائيين التغذية السريرية بمهارات قيادية ممتازة وقادرة على حل المشكلة في مجال التغذية السريرية.

STUDY PLAN

**Master of Science in Clinical Nutrition and Dietetics
(Without Thesis) 42 CREDIT HOURS**

YEAR 1					
FIRST SEMESTER		CREDIT HOURS	Theory	Practical	
CLN511	Current Trends In Food and Nutrition	2	2	0	
CLN512	Advanced Nutrition Assessment and Diagnosis	3	2	1	
CLN514	Evidence Based Dietetics Practice	2	2	0	
TOTAL CREDIT HOURS		7			
SECOND SEMESTER					
CLN521	Advanced Medical Nutrition Therapy I	4	3	1	
CLN522	Contemporary Food Service and Dietetics Management	3	2	1	
TOTAL CREDIT HOURS		7	4	2	
THIRD SEMESTER					
CLN513	Nutrition Education, Counseling and Culture	3	2	1	
CLN523	Nutrition and Aging	2	2	0	
CLN524	Nutrition Research Methods	2	2	0	
TOTAL CREDIT HOURS		7	6	1	

YEAR 2

FIRST SEMESTER		CREDIT HOURS	Theory	Practical	
CLN531	Advanced Medical Nutrition Therapy II	3	2	1	
CLN 535	Research Project	3	-	3	
CLN 532	Nutritional Requirements	2	2	-	
TOTAL CREDIT HOURS		8	4	4	
SECOND SEMESTER					
CLN544	Enteral & Parenteral Nutrition	2	1	1	
CLN 533	Advanced Nutrition for Exercise and Sport	2	2	-	
CLN 534	Interventions for the Prevention of Obesity	2	2	-	
TOTAL CREDIT HOURS		6	5	1	
THIRD SEMESTER					
CLN 541	Placement Internship I (Food Service)	2	-	2	
CLN 542	Placement Internship II (Community and Public Health Nutrition)	2	-	2	
CLN 543	Placement Internship III (Clinical Nutrition and Dietetics)	3	-	3	
TOTAL CREDIT HOURS		7	-	7	

COURSE DESCRIPTIONS:

CLN 511. CURRENT TRENDS TOPICS IN FOOD & NUTRITION (2 Cr)

This course provides students with the most current and advanced topics in food and nutrition. Analysis and interpretation of current issues in food and nutrition and develop students' understanding of the relationship between nutrition and diet. Expose students to frontier research areas in food, nutrition and health sciences.

CLN 512 ADVANCED NUTRITION ASSESSMENT & DIAGNOSIS (3Cr)

Methods and tools used in screening and assessment of nutritional status of individuals and population groups are studied. Assessment methodology includes dietary surveys, computerized dietary intake analysis, anthropometric measures, biochemical measures and clinical evaluations. Laboratory experiences are provided to allow students practice time for learning and applying assessment techniques.

CLN 513. NUTRITION EDUCATION, COUNSELLING & CULTURE (3Cr)

This course provides an in-depth study of the pathophysiology of nutritional disease. Those functional disorders which result in nutritional disease or those nutritional diseases which affect physiological function will be explored. The emphasis will be in the following areas: endocrinology, metabolism, and gastroenterology. Those pathological disorders which result in nutritional disease or those nutrition diseases which affect physiological function will be explored.

CLN 514. EVIDENCE BASED DIETETIC PRACTICE (2 Cr)

This course is designed to teach students how to develop and implement Clinical Practice Guidelines to facilitate evidence-based practice in the area of clinical nutrition.

CLN521. ADVANCED MEDICAL NUTRITION THERAPY I (4 Cr)

Course content includes current nutrition theory and evidence-based practice in prevention and treatment of disease. Advanced therapies and patient management in nutrition support will be discussed. Course topics include pediatric nutrition, obesity, cardiovascular disease, diabetes, cancer, renal disease, and gastrointestinal diseases. Elements of pathology and biochemistry of

the nutrition related problems are integrated into course topics. This course is designed for students enrolled in the dietetic internship.

CLN522. CONTEMPORARY FOOD SERVICE & DIETETIC MANAGEMENT (3 Cr)

This course enhances students' knowledge of and performance in areas including current trends in food service, business, human resources management, quality management, and nutrition and diet therapy.

CLN523 NUTRITION & AGING (2 Cr)

An overview of nutrition and the aging process. Physiological, psychological, and sociological aspects of aging, theories of aging, internal and external factors related to nutrient intake, and nutrient needs will be considered

CLN524 NUTRITION RESEARCH METHODS (2 Cr)

The course provides basic approaches, philosophy and techniques used in nutrition research. It will include an introduction to methods for assessing dietary intake, and methods used in experimental, clinical and epidemiological nutrition research. Review of different studies that utilize various nutrition research designs and data analyses. The students will know about writing a research protocol, research ethics and presenting scientific findings.

CLN531. ADVANCE MEDICAL NUTRITION THERAPY II (3 Cr)

This course aims to expand student's knowledge on a variety of common pathophysiological conditions and integrate this knowledge with the intervention of clinical nutrition therapies. Students will learn about the basic elements of medical nutritional therapy. These include nutritional assessment, which incorporates the use of anthropometric, biochemical and clinical data to determine nutritional status. Particular emphasis is placed on understanding energy expenditure and body composition and their components, and how these may change during physiological stress or illness. Students then learn about enteral and parenteral nutrition and fundamental aspects of nutrition support. These core elements are then applied in the study of various disease states and clinical nutrition therapy. Students also have the opportunity to explore diet and disease in an approved area of their interest through written and oral presentation.

CLN532. NUTRITIONAL REQUIREMENT (2 Cr)

The course provides an integrated overview of the physiological requirements, functions, dietary source, optimal intake levels, effect of deficiency, excess of various macro and micronutrients that are determinants of health and diseases in human population.

CLN533. ADVANCED NUTRITION FOR EXERCISE AND SPORTS (2 Cr)

This course will examine the application of nutritional regimens to meet exercise requirements and improve athletic performance. The aim of the course is to produce sports nutritionists who are strongly focused on the science behind the subject. The course covers the key principles of sports nutrition and exercise physiology, including the latest research papers, and aims to develop the ability to apply critical awareness to topics across the broad remit of sports nutrition, from measurement of exercise performance to the assessment of mental performance.

CLN534. INTERVENTIONS FOR THE PREVENTION OF OBESITY (2 credits)

This course emphasizes obesity in a population group ranging from childhood to the adult. Course materials will examine the impact of obese conditions on disease development throughout the life cycle. The course will critically analyze current evidence focused on interventions used in the behavioral and clinical management of overweight and obese individuals in community and clinical settings.

CLN 535 RESEARCH PROJECT

Each student conducts an independent small research project in the area of nutrition under the supervision of academic staff. Research projects can include small surveys, literature reviews, or clinical trials. The project should be written in a journal format

CLN541. PLACEMENT INTERNSHIP 1 (FOOD SERVICES) (2 Cr)

Food service management introduces the fundamental concepts of the preparation and service of food and beverages to customers. Such programs generally place focus on estimating food needs, planning menus, purchasing of supplies and allocating resources. It provides an overview of the

industry and delve into current trends in food establishment management, food preparation theories and techniques, nutrition and customer/client relations. The topics to be covered are

- Hospitality introduction
- Food preparation principles and Quantity food production
- Human resources management
- Catering and event management
- Nutrition and healthy cuisine

CLN542. PLACEMENT INTERNSHIP II (COMMUNITY AND PUBLIC HEALTH NUTRITION) (2 Cr)

Includes health- and nutrition-related interventions and to changes in the underlying social, economic, and health environments. Concerned with the contribution of specific interventions, while recognizing that improved living standards in the long run provide the essential basis for improved health. Understand the roles of nutritionists and others who may be involved in PHN efforts. Enhance the health and well-being of low-income populations throughout the world by improving the quality of nutrition programming available in local communities. Well-educated nutrition professionals are, of course, essential to this goal. Community nutritionists work in diverse settings, including schools, hospitals, workplaces, and local clinics, as well as health departments.

CLN543. PLACEMENT INTERNSHIP III (CLINICAL NUTRITION AND DIETETICS) (3 Cr)

To impart knowledge and develop capacities of students in the areas of Human Nutrition, Food Science, Food Safety and Quality, Food Product Development. The goals of Clinical Nutrition and Dietetics are to provide knowledge and skills in:

1. Individuals and the public on food choices that will optimize health and prevent disease
2. Apply nutrition principles and diet assessment to the treatment of diet-related disease conditions.
3. Manage human, financial, and physical resources to improve the nutritional care of individuals and population groups.
4. Help improve the nutritional status of individuals and population groups

5. Monitor trends and issues in the discipline of nutrition, and translate this information into curriculum, education, and training programs
6. Apply research principles and methods to the examination of current problems in nutrition and health.

CLN544. ENTERAL & PARENTERAL NUTRITION (2 Cr)

This course explain the importance of feeding routes & feeding methods and nutritional support, enteral nutrition, parenteral nutrition, indications for uses & contraindication. This course also will introduce the role of enteral formulas leading to better health outcomes and improved quality of life. Also focuses on the advantages of enteral feeding over parenteral feeding. It is also provide students with the knowledge on how to reduce & managing complications of nutritional support, enteral nutrition & parenteral nutrition.