



The University of Jordan

Accreditation & Quality Assurance Center

COURSE Syllabus

1	Course title	Pharmaceutical Nutrition and Diet Therapy
2	Course number	1203519
3	Credit hours (theory, practical)	3 (theory)
	Contact hours (theory, practical)	3 (theory)
4	Prerequisites/corequisites	Prerequisite: 1203504 (Pharmacotherapy III)
5	Program title	PharmD
6	Program code	
7	Awarding institution	The University of Jordan
8	Faculty	Pharmacy
9	Department	Biopharmaceutics & Clinical Pharmacy
10	Level of course	undergraduate
11	Year of study and semester (s)	Second semester of the 5th year
12	Final Qualification	PharmD
13	Other department (s) involved in teaching the course	Pharmaceutical Sciences
14	Language of Instruction	English
15	Date of production/revision	31 January 2016

16. Course Coordinator:

Office numbers, office hours, phone numbers, and email addresses should be listed.

Prof. Talal Aburjai, PhD.

<http://eacademic.ju.edu.jo/aburjai/default.aspx>

Office 9

Phone 5 355 000, Ext. 23550.

E-mail: aburjai@ju.edu.jo

Office hours : Sunday-Wednesday (10-13)

17. Other instructors:

Office numbers, office hours, phone numbers, and email addresses should be listed.

None

Office hours to be announced

18. Course Description:

As stated in the approved study plan.

The basic principles of human nutrition are investigated, emphasizing the nutrients, food sources, and their utilization in the body for growth and health throughout life. This course also assesses

contemporary nutrition issues. A comparative view of nutrition as it relates to the treatment of disease, this course emphasizes the evaluation of assessment data, the nutrition care process, methods of nutrition support, food and drug interactions and applications of nutrition interventions for diseases of the gastrointestinal tract, liver and biliary tract, pancreas, metabolic stress, anaemia, heart failure and transplant, pulmonary disorders, cancer, HIV infections, renal disease and metabolic disorders. This course also covers the importance of Nutraceuticals in diet regimen and the role of the pharmacist in clinical nutrition.

19. Course aims and outcomes:

A- Aims:

1. Describe the basic components of food and their different variety needs either for normal persons or patients.
2. Understand the clinical issues of certain foods use
3. Provide patient education about foods, diets and prescribe the best food regimen for both normal and patients.
4. Provide patients with all possible food-drug interactions
5. Identify disease related to certain foods or elements deficiency or insufficiency.
6. Recommend the most appropriate food, vitamins, nutraceuticals or dietary supplements for a selected patient or normal healthy ones.

B- Course Intended Learning Outcomes (ILOs): Upon successful completion of this course students will be able to ...**A. Knowledge and understanding:**

- A1- Students expected to acquire all the basic principles of human nutrition needs
- A2- Students expected to acquire all the basic principles of Nutraceuticals used in different disorders
- A3- to familiarize and engage the student in the steps and dynamics of policy making processes that address nutrition problems and issues
- A4- identifies food and nutrition problems amenable to policy intervention;
- A5- defines criteria of effective food or nutrition policies;
- A6- critique a specific food and/or nutrition policy with respect to its evidence-base, adequacy of implementation, nutritional impact and forces which hinder or help the implementation of the specific policy.

B. Intellectual skills:

- B1- Students expected to define drug-food interaction
- B2- Students expected to acquire knowledge regarding the appropriate nutritional regimen for various diseases
- B3- students expected to acquire the scientific background for planning and assessment of diets for both normal and patients

C. Subject-specific skills:

- C1- Planning for diets either for healthy or patients
- C2- Recognize the role of nutrition as it relates to major diseases, including cardiovascular, diabetes, gastrointestinal, osteoporosis, obesity, and cancer.
- C3- Recognize the role of vitamins and nutraceuticals as it relates to major diseases, including cardiovascular, diabetes, gastrointestinal, osteoporosis, obesity, and cancer
- C4- Recognize scientific method of dietary supplements QC

D. Transferable skills:

- D1- Team work
- D2- How to conduct literature survey and to get the information from different internet professional sites
- D3- To enable students to collect and interpret information from medical guidelines & journal databases (MEDLINE, e-library)

20. Program Competencies Achieved:

- 20.1 Identify methods of food planning and assessments for individuals or communities.
- 20.2 Assess symptoms and diagnostic tests and correlate them with associated food deficiency.
- 20.3 Identify indications, side effects and contraindications of food supplements
- 20.4 Identify drug-food interactions
- 20.5 Verify that patient diet is based on best scientific evidence available
- 20.6 Advise patients and other health professionals on proper food correlated with different patient situation
- 20.7 Identify any food, nutraceuticals, dietary supplement-related problems and take appropriate actions to resolve them
- 20.8 Recommend necessary modifications to patient diet to optimize its safety and efficacy

20. Topic Outline and Schedule:

Topic	Week	Instructor	Achieved ILOs	Evaluation Methods	Reference
1. An Overview of Nutrition	1	Prof. Talal	A1	1. Exams, Quizzes	2. Specified in each lecture. General references provided below
2. Planning a healthy Diets	2	Prof. Talal	A1-3, B1, C1	Exams, Quizzes	Specified in each lecture. General references provided below
3. CHO role in nutrition	3	Prof. Talal	B2, C2	Exams, Quizzes	Specified in each lecture. General references provided below
4. Lipids and Fats	4	Prof. Talal	B2, C2	Exams, Quizzes	Specified in each lecture. General references provided below
5. Proteins	5,6	Prof. Talal	B2, C2	Exams, Quizzes	Specified in each lecture. General references provided below
6. Vitamins	7,8	Prof. Talal	B2, C2, C3-6	Exams, Quizzes	Specified in each lecture. General references provided below
7. Trace Minerals and Diseases Midterm Exam	8,9	Prof. Talal	B2, C2, C4-6	Exams, Quizzes	Specified in each lecture. General references provided below
8. Waters and Major Minerals	10	Prof. Talal	B2, C2, C4-6	Exams, Quizzes	Specified in each lecture. General references provided

					below
9. Nutraceuticals	11-12	Prof. Talal	A1-5, B1, C1	Exams, Quizzes	Specified in each lecture. General references provided below
10. Nutraceuticals and Health	13	Prof. Talal	A1-3, B1, C1	Exams, Quizzes	Specified in each lecture. General references provided below
11. QC of Food and Nutraceuticals	14	Prof. Talal	A1-3, B1, C1	Exams, Quizzes	Specified in each lecture. General references provided below
Final Exam	15				

4.

21. Teaching Methods and Assignments:

Development of ILOs is promoted through the following <u>teaching and learning methods</u>:		
ILO/s	Learning Methods	Evaluation Methods
A1-3, B1, C1	Lectures	Exams, Quizzes
D1	Assignment	Education material
D2	Homeworks	Exams, Quizzes

Learning skills:

1. **Critical thinking**
2. **Digital literacy**
3. **Problem-solving skills**
4. **Self-directed learning**

22. Evaluation Methods and Course Requirements:

Opportunities to demonstrate achievement of the ILOs are provided through the following <u>assessment methods and requirements</u>:
<ol style="list-style-type: none"> 1. Exams 2. Quizzes 3. Students reports on assignments

23. Course Policies:

A- Attendance policies:

Attendance: Mandatory.

First warning – with 4 absences

Last warning – with 5 absences

Failing in the subject – with 6 absences

B- Absences from exams and handing in assignments on time:

Will result in zero achievement unless health report or other significant excuse is documented.

C- Health and safety procedures:

NA

D- Honesty policy regarding cheating, plagiarism, misbehavior:

The participation, the commitment of cheating will lead to applying all following penalties together

- 1) Failing the subject he/she cheated at
- 2) Failing the other subjects taken in the same course
- 3) Not allowed to register for the next semester. The summer semester is not considered as a semester

E- Grading policy:

Exams and Quizzes.

Mid Exam:	30 points
Quizz:	10 points
Assignments	10 points
Final Exam:	50 points
Total	100 points

F- Available university services that support achievement in the course:

Classrooms, internet classes

24. Required equipment:

Datashow and internet connection

25. References:

A- Required book (s), assigned reading and audio-visuals:

1. Understanding Normal and Clinical Nutrition. Sharon Rolfes, Kathryn Pinna and Allie Whitney. Seventh Edition 2012.
2. Basic Nutrition and Diet therapy. S.R. Williams. Eleventh Edition 2010.

B- Recommended books, materials, and media:

1. A-Z guide to drug-herb-vitamin interaction. Schuyler W. et al., healthnotes.2002.
2. Nutraceuticals. 2nd edition. Brain Lokwood. PP 2007.

26. Additional information:

Name of Course Coordinator: Talal Aburjai -Signature: ----- Date: Jan, 31, 2016

Head of curriculum committee/Department: ----- Signature: -----

Head of Department:..... Signature: -----

Head of curriculum committee/Faculty: ----- Signature: -----

Dean: ----- -Signature: -----

Copy to:
Head of Department
Assistant Dean for Quality Assurance
Course File