
 EUI-SANT PAU Centre adscrit a la UAB	GRAU INFERMERIA - EUI SANT PAU	 HOSPITAL DE LA SANTA CREU I SANT PAU <small>FUNDACIÓ DE GESTIÓ SANITÀRIA UNIVERSITAT AUTÒNOMA DE BARCELONA</small>
---	---------------------------------------	---

“Nutrition”	2020/2021
Code: 106099	
Credits ECTS: 6	

Degree	School Plan	Type	Course	Semester
1471 Nursing	Nursing Degree	Basic Training	1	2

Contact

Responsible for the Subject:

Valverde Díez, Carmen Noemí
carmenvaldiez@gmail.com

Teachers:

Valverde Díez, Carmen Noemí
carmenvaldiez@gmail.com

Use of languages:

Principal working language: Spanish.
 Some groups entirely in English: No
 Some groups entirely in Catalan: No
 Some groups entirely in Spanish: Yes

Prerequisites

There are no specific prerequisites.

Contextualization and objectives

This subject is part of the Basic Sciences training module of the degree of Nursing, Nutrition subject is planned in the second semester. The purpose of the Nutrition and Dietetics subject is to introduce the student to the basic concepts of nutrition, food and diet to help healthy people to satisfy the need to eat properly in different stages of life, as well as people who have health problems and who require dietary treatment.

Learning objectives of the Subject

1. Identify the different nutrients and the foods where they are found.
2. To know the nutritional needs throughout the life cycle of healthy people and those with health problems.
3. Describe how to promote and reinforce healthy eating patterns.
4. Identify the most prevalent nutritional problems and make appropriate dietary recommendations.

Competences and learning outcomes

Competences	Learning outcomes
<p>E01. Provide technical and professional health care appropriate to the health needs of the people they serve, in accordance with the state of development of the scientific knowledge of each moment and with the levels of quality and safety that are established in the applicable legal and ethical standards.</p>	<p>E01.06 Write down the nutritional needs of healthy and health-affected people throughout the life cycle to promote and reinforce healthy eating patterns.</p> <p>E01.07 Recognize the nutrients and foods they are in, which cover the nutritional needs of healthy and health-healthy people.</p> <p>E01.08 Identify the highest prevalence nutritional problems and select the right dietary recommendations.</p>
<p>E10. Protect the health and well-being of the people, family or groups served, ensuring their safety.</p>	<p>E10.03 Determining the problems that occur most often when people with health problems do not follow the planned therapeutic diet, proposing effective interventions for adherence to it.</p> <p>E10.04 Design adequate diets in healthy people and in the most prevalent health problems.</p>
Basics / Generals	
<p>B03 That students have the ability to collect and interpret relevant data (usually within their area of study) to make judgments that include a reflection on relevant topics of a social, scientific or ethical.</p>	
<p>G04. Act in the field of self-knowledge by assessing gender/gender inequalities</p>	<p>G04.03 Analyse gender differences and gender inequalities in etiology, anatomy, physiology, pathologies, differential diagnosis, therapeutic options, pharmacological response, prognosis and nurse care.</p>

Contents

MODULE 1. Nutrition

1. Introduction to Nutrition.
2. Introductory concepts.
3. General concepts of nutritional objectives and nutritional intakes.
4. Energy in nutrition.
5. General functions of nutrients.
6. Digestion and absorption of nutrients.
7. Macronutrients: Carbohydrates, lipids and proteins.
8. Micronutrients: minerals, water minerals and vitamins.
9. Food fiber.
10. Antioxidants.
11. Bioactive components.

MODULE 2. Food. Healthy eating

1. Introductory concepts.
2. Food groups: vegetables, fruits, pharynxes, dairy, protein foods, fatty foods, miscellaneous.
3. Food additives. Functional foods. Transgenic foods.
4. Healthy eating:
 - 4.1. Food behaviour
 - 4.2. General concepts
 - 4.3. Assessment of intake: energy consumption, food guides, labelling.
 - 4.4. Nutritional evaluation: food records, anthropometry, biochemistry, hematology.
 - 4.5. Feeding by age groups: gestation, lactation, childhood, adolescence, menopause, elderly.
5. Food alternatives
6. Nutrients that interact with medicines.

MODULE 3. Dietary advice on high-prevalence diseases. Diets Hospital

1. Introductory concepts
2. Dietary advice: objectives and organization.
3. Dietary advice in the digestive system.
4. Dietary advice on overweight and obesity.
5. Dietary advice in cardiovascular disease.
6. Dietary advice in diabetes mellitus.
7. Dietary advice in renal disease.
8. Dietary advice in hiperuricemia.
9. Dietary advice in the oncological patient.
10. Exploratory diets.
11. Hospital malnutrition.

12. Hospital diets index. Hospital basal diet and therapeutic diets:
 - 12.1. Indications and characteristics of diets with texture modification.
 - 12.2. Indications and characteristics of progressive diets.
 - 12.3. Indications and characteristics of therapeutic diets.
13. Artificial nutrition

MÓDULO 4. Seguridad e higiene alimentaria.

1. Food safety.
2. Food hygiene.

Methodology

The methodological approach of the subject places the student at the centre of the teaching-learning process. The student has to be active and autonomous throughout the learning process, while the teacher provides with the necessary information and resources for the learning.

The subject is face-to-face with non-compulsory attendance, but it is recommended.

Directed Activity:

The methodology used is that of an exhibition with audio-visual support, encouraging active listening, participation and a critical sense. The theoretical development of the topics is combined with more practical activities in the classroom (individual and/or in groups), to consolidate the theoretical contents and to integrate the competences of the subject.

Supervised Activity:

The student performs two tasks throughout the subject. The first is individual and consists of assessing the food intake of a person close to the student. The second work will be carried out in a group and will consist of the development of a case study in relation to the feeding-disease binomial, from which an oral presentation will be made in class.

The works will have to be presented in electronic format through the virtual classroom.

Tutorials can be established in person or electronically with the working groups when necessary.

Activities

Activity	Hours	ECTS	Learning Outcomes
Type: Directed . Theory . Classroom practice	45	1,80	E01.06, E01.07, E01.08, E10.03, E10.04, B03, G04.03
Type: Supervised . Tutorial:	1	0,04	
Type: Autonomous . Personal study . Work-making . Bibliographical consultation	90	3,60	

Assessment

The student has only call per academic year to pass the subject.

Academic progression and the overcoming of the subject is assessed through a continuous and formative evaluation, through two written tests and the presentation of two essays, one individual and one in a group.

In test tests, points are deducted for incorrect answer according to the following formula:
 $X = \text{successes} - (\text{errors}/n-1)$, with n being the number of response options.

The indications of the essay are established by the teacher at the beginning of the course.

The presentation must follow the EUI regulations in order to be accepted. Delay in delivery, no later than 24 hours, is penalized with one point deduction from the essay's grade. Deliveries are not accepted in instalments with higher delays.

The final grade of the subject is given by the weighted average of the grades obtained in the tests described from a 5 in each of them.

Recovery Activity

A recovery activity is proposed for those students who have been previously evaluated from the set of evaluation activities whose minimum weight equals 2/3 parts of the total grade of the subject and have obtained a final grade greater than 3.5 and less than 5 out of 10.

This activity shall consist of an evaluative test, to be determined by the teacher, which will include the failed contents and be carried out in the period established for this purpose and will only allow access to a qualification of 5 in the subject.

The recovery grade will replace the originally obtained note and the final weighted note will be recalculated.

Once the subject has been passed, it cannot be re-evaluated.

Non-evaluable:

It will be considered non-evaluable when the student has not participated in any of the evaluation activities.

Qualification:

- 0 to 4, 9: Fail
- 5, 0 to 6, 9: Basic Pass
- 7, 0 to 8, 9: Remarkable
- 9, 0 to 10: Excellent (in the event that the student has obtained a grade equal to or greater than 9 may, at the discretion of the teacher, be eligible for an honorary degree).

Final grade review:

Once the final grade is published, the student may request a note-review in the given period for this purpose. Review requests are not accepted on dates outside the established limit.

Behaviour Rules

The teacher may downgrade between 1 and 2 points out of 10 to a student who repeatedly does not respect the indications on class behaviour standards.

Assessment Activities

Activity	Weight	Hours	ECTS	Learning Outcomes
Written assessment by means of two objective tests	25% 25%	2 2	0,16	E01.06, E01.07, E01.08, E10.03, E10.04, B03, G04.03
Delivery Jobs: - Individual - As a group	25% 25%	2	0,08	

BIBLIOGRAPHY**ALIMENTOS, COMPOSICIÓN Y PROPIEDADES**

Editor: Iciar Astiasarán

Edition: 2ª; McGraW-Hill; 2000

ISBN: 8448603052

NUTRICIÓN Y DIETÉTICA CLÍNICA

Editor: Jordi Salas Salvadó

Edition: 3a; Elsevier Masson; 2014

ISBN: 9788445823774

DIETOTERAPIA, NUTRICIÓN CLÍNICA Y METABOLISMO

Editor: Daniel A. de Luis Román

Edition: 2a edició; Díaz de Santos; 2015

ISBN: 9788479789640

NUTRIGUÍA. MANUAL DE NUTRICIÓN CLÍNICA.

Editor: Ortega RM, Requejo AM.

Edition: 2ª. Panamericana; 2015

ISBN: 978-84-9835-867-4

FUNDAMENTOS DE NUTRICIÓN Y DIETÉTICA. BASES METODOLÓGICAS Y APLICACIONES.

Madrid.

Edition: Panamericana

Links Web:

Alimentació - Canal Salut - Generalitat de Catalunya
http://canalsalut.gencat.cat/ca/home_ciudadania/vida_saludable/alimentacio/

Agència Catalana de Seguretat Alimentària
<http://www.gencat.cat/salut/acsa/>

Fundación Dieta Mediterranea
<https://dietamediterranea.com/ca/>

Base de Datos Española de Composición de Alimentos
<http://www.bedca.net/>

Agencia Española de Consumo, Seguridad Alimentaria y Nutrición
www.aecosan.msssi.gob.es/

Sociedad Española de Nutrición
<http://www.sennutricion.org/>

Sociedad Española de Nutrición Comunitaria
<http://www.nutricioncomunitaria.org/>

Sociedad Española de Nutrición Parenteral y Enteral
<http://www.senpe.com/>

Sociedad Española para el Estudio de la Obesidad
<http://www.seedo.es/>

European Food Information Council
<http://www.eufic.org/>

The European Nutrition for Health Alliance
<http://www.european-nutrition.org/>

The European Society for Clinical Nutrition and Metabolism
<http://www.espen.org/http://www.espen.org/>

Salud sin bulos. En español. Último acceso: 4 de octubre de 2019.
<https://saludsinbulos.com/>

EFSA. Dietary reference values for the EU. En inglés
<https://efsa.europa.eu/en/interactive-pages/drvs>

IDINUTRICIÓN. En español.
<https://www.ucm.es/idinutricion/>