
 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”	2022/2023
Code: 106099	
Credits ECTS: 6	

Degree	Type	Course	Semester
2500891 Nursing	Basic Training	1	2

Contact

Responsible for the Subject:

Valverde Díez, Carmen Noemí
carmenvaldiez@gmail.com

Teacher:

Valverde Díez, Carmen Noemí
carmenvaldiez@gmail.com

Use of languages:

Principal working language: Spanish.

English group: No

Catalan group: No

Spanish group: Yes

Prerequisites

There are no specific prerequisites.

Contextualization and objectives

This subject is part of the Basic Sciences training module, Nutrition subject is planned in the second semester of the Nursing degree. The purpose of the Nutrition and Dietetics subject is to introduce the student to the basic concepts of nutrition, food and dietetics in order to help healthy people to satisfy the need for adequate nutrition in the different stages of life, as well as people with health problems 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 in healthy people and people 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
SPECIFIC	
<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>
GENERALS / BASICS	
<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>
<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>	

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 is based on the idea that the protagonist in the teaching and learning process is the student. The student has to be active and autonomous throughout the process and the teacher supports the student by providing the information and resources necessary for learning to take place.

The course is face-to-face and attendance is not compulsory, but it is recommended.

Directed Activity:

An expository methodology with audio-visual support is used, encouraging active listening, participation and a critical sense. The theoretical development of the subjects is combined with more practical classroom activities (individual and/or group) to consolidate the theoretical content and integrate the competences of the subject.

Supervised Activity:

The student carries out two tasks during the course. The first is individual and consists of assessing the dietary intake of a person close to the student. The second assignment will be carried out in a group and will consist of the development of a practical case study in relation to the food-disease binomial, which will be presented orally in class.

The work must be presented in electronic format through the virtual classroom.

Face-to-face or electronic tutorials may be established with the working groups when necessary.

Training 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 . Project-making . Bibliographical consultation	90	3,60	

Assessment

Students have only one exam per academic year to pass the subject.

Academic progression and passing the subject is assessed by means of a continuous and formative evaluation, through two written tests and the presentation of two assignments, one individual and one in a group.

In the multiple-choice tests, wrong answers penalise according to the following formula:
 $x = \text{Correct answers} - (\text{errors}/n-1)$, where n is the number of answer options.

The indications for the assignments are established by the teacher at the beginning of the course and the presentation of the assignments must follow the EUI regulations in order to be accepted. Late submission, maximum 24 hours, will be penalised by deducting one point from the grade of the assignment.

Submissions with longer delays will not be accepted.

The grade for the course is given by the weighted average of the marks obtained in the tests described above, starting with a 5 in each one of them.

Qualification:

- 0 to 4, 9: Fail
- 5, 0 to 6, 9: Pass
- 7, 0 to 8, 9: Satisfactory
- 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).

Recovery Activity

A second chance activity is proposed to students who have been previously assessed for a set of activities whose minimum weight is equivalent to 2/3 of the total grade of the subject and who have obtained a final mark of more than 3.5 and less than 5 out of 10.

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

The grade of the second chance will replace the grade originally obtained and the final weighted grade will be recalculated.

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

Non-evaluable

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

Review of the final grade

Once the final grade has been published, the student may request a revision of the final grade within the period established for this purpose. Requests for review outside the established deadline will not be accepted.

Behaviour rules

The professor may lower the grade of the course by between 1 and 2 points out of 10 for students who repeatedly fail to respect the rules of behaviour in class.

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/>