

Course Specification Student Version

Course Title:	Clinical Nutrition
Course Code:	NURS 311
Department:	Basic Medical sciences
Program:	Bachelor of General Nursing
College:	Vision College in Riyadh
Institution:	Vision College in Riyadh
Revised:	July 2025

A. Course Identification

1. Credit hours: 3 (3+0+0)
2. Level/year at which this course is offered: Level 5/Year 3
3. Pre-requisites for this course (if any): None
4. Co-requisites for this course (if any): None

B. Teaching Methods

1	Lecture
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C. Course Description and Objectives

1. Course Description

This course is designed to provide knowledge of clinical nutrition. Principles of dietary management as a preventative and therapeutic tool in health care are emphasized during various physiological changes such as disease, metabolic alterations and stress.

2. Main course Objective

This course explains the etiology, symptoms and pathophysiology of selected diseases in which nutritional intervention plays a major role as well explain how we could modify a normal diet to meet nutritional needs for various diseases and intervene with the appropriate counseling techniques.

3. Course Objectives

By the end of this course, students should be able to:

- Identify changes in patients' conditions
- Determine basic human physiological needs
- Use a systematic approach to analyze actual or potential health problems to develop, implement, and evaluate nursing care plans
- Participate in provision health promotion and diseases prevention activities in various Settings
- Provide comprehensive essential nursing care for various age groups
- Implement health assessment on individuals of various age groups
- Illustrate different nurses' role and responsibility in caring for individuals experiencing health problems

D. Course Content

No	List of Topics
1	Clinically relevant Carbohydrate metabolism I (3 hours)
2	Clinically relevant Carbohydrate metabolism II (3 hours)
3	Clinically relevant Fat metabolism (3 hours)
4	Clinically relevant protein metabolism (3 hours)
5	Clinically relevant Fat metabolism (3 hours)
6	Diet and endocrine disorders: Diabetes mellitus (3 hours)
7	Clinically relevant micronutrient metabolism (3 hours)
8	Nutrition care process (3 hours)
9	Nutritional assessment (3 hours)
10	Diet calculation (3 hours)
11	Diet and heart disorders: Cardiovascular disease. (3 hours)
12	Diet and hepatic disorders. (3 hours)
13	Diet and renal diseases. (3 hours)
14	Diet and common gastrointestinal tract Disorders (3 hours)
15	Diet and hematopoiesis: nutritional anemias (3 hours)

E. Assessment Tools

#	Assessment task	Percentage of Total Assessment Score
1	Midterm written exam	30%
2	Final exam	40%
3	Quizzes & Assignment evaluation	30%
	Total	100%

F. Learning Resources

Essential References	<ul style="list-style-type: none"> Nelms M, Sucher K, Long S. Nutrition therapy and pathophysiology. Thompson. 2007. ISBN-10 053421546 ISBN-13 978-1523463478. Escott- Stump S. Nutritional and diagnosis-related care. (6th ed.). Lippincott Williams & Wilkins.2007. ISBN-10 0781798450 ISBN-13 9780781798457.
Supportive References	http://ajcn.nutrition.org/ http://www.nature.com/ejcn/index.html
Electronic Materials	http://www.mednotes.net/notes/chemistry/
Other Learning Materials	None