Universitat de Lleida

DEGREE CURRICULUM

NUTRITIONAL STATUS ASSESSMENT

Coordination: RUBIO PIQUE, LAURA

Academic year 2023-24

NUTRITIONAL STATUS ASSESSMENT 2023-24

Subject's general information

Subject name	NUTRITIONAL STATUS ASSESSMENT
Code	102772
Semester	2nd Q(SEMESTER) CONTINUED EVALUATION
Typology	

Degree	Course	Character	Modality
Double bachelor's degree: Degree in Human Nutrition and Diethetics and Degree in Physiotherapy	2	COMPULSORY	Attendance-based

Course number of credits (ECTS)	3
Type of activity, credits, and groups	

Activity type	PRALAB	PRAULA	TEORIA
Number of credits	1	0.8	1.2
Number of groups	1	1	1

Coordination	RUBIO PIQUE, LAURA
Department	FOOD TECHNOLOGY, ENGINEERING AND SCIENCE
Important information on data processing	Consult this link for more information.

NUTRITIONAL STATUS ASSESSMENT 2023-24

Teaching staff	E-mail addresses	Credits taught by teacher	Office and hour of attention
RUBIO PIQUE, LAURA	laura.rubio@udl.cat	1,7	
TECCHIA SOTELO, MARIA LOURDES	lourdes.tecchia@udl.cat	1,3	

Learning objectives

The **main objective** is to provide students with the knowledge, tools and skills necessary to be able to carry out a correct and complete nutritional assessment in the clinical field, as a prior and essential step to the nutritional intervention. Once the subject has been completed, the student will be able to detect nutritional risk factors, and it will serve as a basis for effectively apply the different dietary action plans and nutritional support.

The **specific objectives** of the subject are detailed below:

• Know, interpret and integrate the different components that make up the nutritional assessment of an individual in different physiological stages.

• Knowing how to evaluate the nutritional aspects of a clinical history in the field of nutritional consultation.

• Know and put into practice the methods of evaluating an individual's food intake to know the person's usual diet.

• Know and interpret anthropometric and biochemical parameters to assess nutritional status based on body composition and analytical parameters.

• Know the tools to be able to estimate daily energy requirements through different direct or indirect methods.

• Acquire practical skills in relation to anthropometric techniques to estimate the individual's body composition and nutritional status.

• Develop the attitudes and skills necessary to be able to make an assessment of the nutritional status with a comprehensive view.

Competences

Specific Competences
CE33 Plan, carry out and interpret the evaluation of the nutritional status of subjects and / or groups, both healthy (in all physiological situations) as sick
CE35 Identify the dietary-nutritional problems of the patient, as well as the risk factors
CE36 Prepare and interpret a dietary history in healthy and sick subjects.
CE39 Interpret and integrate clinical, biochemical and pharmacological data in nutritional assessment of the patient and in their dietetic-nutritional treatment

General Competences
CG1 Recognize the essential elements of the profession of the dietician-nutritionist, including the ethical principles, legal responsibility and the exercise of the profession applying the principle of justice social to professional practice and developing it with respect to people, their habits, beliefs and cultures
CG3. Recognize one's own limitations and the need to maintain and update competence professional, giving special importance to learning, autonomously and continuously, of new
knowledge, products and techniques in nutrition and food, as well as motivation for quality.

CG4. Communicate effectively, both orally and in writing, with people, health professionals or industry and the media, knowing how to use the information and communication technologies, especially those related to nutrition and life habits.
CG5. Know, critically assess and know how to use and apply related information sources
with nutrition, food, lifestyles and health aspects.

Basic skills
CB2 That the students know how to apply their knowledge to their work or vocation in a professional way and possess the competences that are usually demonstrated through the elaboration and defense of arguments and the resolution of problems within their area of study.
CB3 That students have the ability to gather and interpret relevant data (usually within their study area) to make judgments that include reflection on relevant social, scientific or ethical issues.
CB4 That students can transmit information, ideas, problems and solutions to both specialized and non-specialized audiences.
CB5 That students have developed those learning skills necessary to undertake further studies with a high degree of autonomy.

Transversal Competences of the UdL
CT1 Have a correct oral and written expression
CT3 Mastering TIC
CT5. Apply the gender perspective to the functions of the professional field

Subject contents

Theoretical content:

- Components of nutritional assessment.
- Clinical history and physical examination.
- Assessment of food intake in clinical practice.
- Assessment of energy expenditure and physical activity.
- Anthropometric evaluation and body composition of the adult.
- Biochemical markers of nutritional status.
- Assessment of nutritional status in pediatrics and geriatrics.

Practical activities in the classroom:

- Evaluation of food intake by different food surveys.
- Application of tools for the evaluation of physical activity.
- Interpretation of biochemical parameters for the assessment of nutritional status
- Practical cases of anthropometry and body composition

Methodology

Lectures (12 teaching hours): These will be done with all the students. They aim to give an overview of the educational content related to the specific knowledge of the subject, highlighting those aspects that are related to the acquisition of skills, referring to the assessment of the nutritional status of the individual .

Seminars (8 teaching hours): The seminars must be held in the group that corresponds to each student. They will consist of practical case-solving activities, information research, analysis and discussion, complementing the content developed in the lectures. Student participation and discussion will be encouraged.

Internships (10 class hours): The practices are compulsory, they will be done in groups of 2 to 4 students. An individual internship report must be submitted on the scheduled date. Activities related to the assessment of an individual's nutritional status will be carried out, specifically anthropometric assessment and body composition. The practices will consist of the use and application of anthropometric techniques based on the protocols set by the "International Society for the Advancement of Cineanthropometry" (ISAK) carrying out a simulation of the restricted ISAK profile of folds, perimeters and body diameters Based on the measurements taken, the calculation of body

composition will be carried out through anthropometry and interpretation of results. As well as the measurement of body composition using the bioimpedance technique.

Development plan

Activity	Objective	Description
Master classes	1-4	Acquisition of knowledge about the different components of the nutritional assessment: physics, dietetics, anthropometrics and biochemistry.
Seminars	1-4	Exhibition, treatment and discussion abou the assessment of nutritional status at different physiological situations
Practices	4	Physical, anthropometric and body composition assessment

Evaluation

The evaluation will consist of the weighted average of 3 qualifications, obtained from the following elements:

1. Lectures (40%): There will be a written test of the theoretical part, combining multiple choice and short answer questions. This type of evaluation will represent 40% of the final grade and must be passed with a minimum grade of 5 out of 10 to average with the other grades. In the event that it is not approved, it must be recovered in the second call. On the other hand, students who pass will have the option to raise their grade in the second call. This type of evaluation must be passed to average with the rest of the activities, seminars and practices.

2. Seminars and proposed activities (35%): The grade will be calculated from the arithmetic mean obtained from the grades obtained by the student in the different proposed activities. Non-attendance without justification will result in a grade of 0 in the seminars. To evaluate the seminars, the following criteria will be taken into account:

Attendance	task submission	mark
Yes	Yes, before 19:00h the day after the seminar	100%
	Yes, presented between 19:00h the day after and 19:00h on the 7th day after the seminar	50%
	Not delivered or out of date	0%
No (with proof of absence)	Yes, before 19:00h the day after the seminar	100%
	Yes, presented between 19:00h the day after and 19:00h on the 7th day after the seminar	50%
	Not delivered or out of date	0%
No (without proof of absence)	Yes, before 19:00h the day after the seminar	50%
	Yes, presented between 19:00h the day after and 19:00h on the 7th day after the seminar	50%
	Not delivered or out of date	0%

3. Practices (25%)
Activities related to the nutritional assessment will be carried out based on anthropometric techniques. Both the formal aspects, content and especially the discussion of results will be assessed through an individual report. Moreover, the attitude of the student during the practices will be also assessed.

The student who wishes to do so will be entitled to the single assessment through an exam where the different face-to-face activities (theoretical classes and seminars) will be evaluated. However, it will be an indispensable requirement, the attendance to practices in the established dates.

Bibliography

Books:
- de Girolami DH., Fundamentos de valoración nutricional y composición corporal., Buenos Aires: El Ateneo; 2009.
- Bezares Sarmiento, Vidalma del Rosario. Evaluación del estado de nutrición en el ciclo vital humano (2a. ed.) McGraw Hill; 2014.
- Sirvent Belando, José Enrique; Garrido Chamorro, Raúl Pablo. Valoración Antropométrica De Composición Corporal: Cineantropometría. Editorial: UNIVERSIDAD DE ALICANTE; 2009