

POST GRADUATE DIPLOMA IN GENERAL MANAGEMENT OF NUTRITIONAL EMERGENCIES

KEY INFORMATION

- Total credits: 24
- Teaching modality: Online + Hand on Practice/House Job
- Program jointly shared with: Only taught at this university (first time in Pakistan)

Program Introduction and Aims:

Nutrition is an emerging science. Malnutrition refers to deficiencies or excesses in nutrient intake, imbalance of essential nutrients or impaired nutrient utilization. The double burden of malnutrition consists of both undernutrition and overweight and obesity, as well as diet-related non-communicable diseases. For instance, a diabetic cannot solely rely on metformin to control blood sugar without taking into account the dietary carbohydrates taken daily. Many reports have highlighted that pancreatic beta cell failure which initiates Diabetes Mellitus is mostly happening due to a condition known as insulin resistance. Hyperinsulinemia (due to insulin resistance) stems from consuming too much carbohydrate that the body cannot handle. Previously, medical setups in Pakistan did not seem to incorporate nutritional intervention in patient care, and it was a rarity to find a dietitian in a hospital some thirty years ago. Although the situation has somewhat improved today. The Post Graduate Diploma in Advanced Clinical Nutrition and General Feeding is a well-designed course for aspiring health care professionals looking to delve deeper into the science of advanced patient assessment and Meal planning and management with the opportunity to apply the knowledge gained into practice within a clinical setting. The Post Graduate Diploma in Advanced Clinical Nutrition and General Feeding focuses on all the components of nutrition that is ABCDE: Anthropometric, Biomedical findings, Clinical Sign and Symptoms, Dietary history, Environment and evaluation also depth in knowledge on, Pathophysiology, Assessment of Nutritional Status, Moderate Malnutrition, Meal Planning and Management, Preventive Nutrition, Nutrition in Clinical care & in Emergencies, child and maternal feeding also infant and young child feeding purely based on clinical application of nutrition. Upon completion, students will be able to work with both In and Out door patients, addressing their nutritional requirements with an aim to improve their quality of life.

The course aims is to train the candidates in patient handling generally focused on diseases/ disorders like Malnutrition, Upper & Lower Gastrointestinal track, Hormonal disorders (DM, PCOS, Hypo Hyper Thyroidism), Cardiovascular disorders, Neurological Disorders (Stroke, Epilepsy, Cerebral palsy), Hepatological disorders (Hepatitis, Cirrhosis, End stage liver disease), Pulmonary Disorders, Rheumatoid disorders, Renal Disorders, urogenital tract Disorders and Child Maternal feeding.

Program Objectives:

- The overall objective of this PGD course is to train professionals in the field of Nutrition, with a common compulsory courses focusing on key areas for research and professional practice in Advanced Nutritional Assessment and Meal planning and Management.
- This PGD course is to train professionals have an updated evidence-based practice, which includes nutritional evaluation, nutritional clinical reasoning, diagnosis and treatment methods including meal planning and management.
- PGD degree courses will be completed with the preparation and Final Report submission, which must be carried out in the final phase of the study program after the last semester of hospital rotations and patient's Nutritional Assessment and Meal planning and management accordingly.

Scope & career:

After completion of PGD in general management of nutritional emergencies, the candidates will get job placement as Clinical Nutritionist Specialist in different national or International Ngos, departments of Hospitals like:

General Department

Gastroenterology Department

Nephrology Department

Pulmonology Department

Neurology Department

Gynaecology Department

Paediatrics Department

Rheumatology Department

Oncology Department

Cardiology Department

Intensive Care Unit

Also

Freelancer

Entrepreneur

Registered Dietitian (RDA) etc.

Program length:

It is One-Year Post Graduate Diploma comprising of two semesters and each semesters' duration is 6 months.

AREAS OF STUDY FOR SEMESTER I

SEMESTER	CREDIT HOURS	MARKS
First	18	1050

Basic of Human Nutrition and Healthy Lifestyle	
1	Introduction to fundamentals of Human Nutrition and Dietetics
2	Introduction to Healthy Eating and Lifestyle management
DIGESTIVE SYSTEM Disorders (UPPER & LOWER SYSTEM)	
1	Human physiology
2	Assessment of Nutritional Status
3	Meal planning and Management
Endocrine System Disorders	
1	Human physiology
2	Assessment of Nutritional Status
3	Meal planning and Management
Neuro-Immune System Disorders	
1	Human physiology
2	Assessment of Nutritional Status
3	Meal planning and Management
Cardiovascular System Disorders	
1	Human physiology
2	Assessment of Nutritional Status

3	Meal planning and Management
Respiratory System Disorders	
1	Human physiology
2	Assessment of Nutritional Status
3	Meal planning and Management
Hepatological Disorders	
2	Assessment of Nutritional Status
3	Meal planning and Management
Oncological Disorders	
1	Assessment of Nutritional Status
2	Meal planning and Management
Gynaecological Disorders	
1	Assessment of Nutritional Status
2	Meal planning and Management
Renal Disorders	
1	Assessment of Nutritional Status
2	Meal planning and Management
Paediatric Disorders and child maternal health	
1	Assessment of Nutritional Status
2	Meal planning and Management
3	Child and Maternal feeding through foods and supplements
Clinical Nutritional Critical Care and Emergencies	
1	ICU critical care with food supplementation feeding oral, IV (intravenous) and NG (Nasogastric) route

2	Enteral Nutrition in ICU patients
3	Parenteral Nutrition in ICU patients

AREAS OF PRACTICE FOR SEMESTER II

1	Specialized Nutritional Practice House job (Different Hospital Department, NGO's, ICU, CCU etc)	0+6	300
Total			
Total Credit hours/Marks for PGD Diploma in general nutritional emergencies and maternal-child health		24	1350

Courses for Semester I:

Fundamentals of Human Nutrition and Dietetics (A,B,C,D,E)

These core elements provides a brief approach to clinical nutritional assessment for use on the NICU summarised as ABCDE: A—anthropometry where patients height, weight, head circumference, body mass index (BMI), body circumferences to assess for adiposity (waist, hip, and limbs), and skinfold thickness, B—biomedical findings or tests, C—clinical sign & symptoms, D—dietary intakes or history, E—environment and evaluation.

Human Physiology:

This course underlying mechanisms in the development of different diseases are rooted in nutritional issues. Examples of such diseases are Diabetes mellitus, anaemia, Malnutrition, Upper & Lower Gastrointestinal track disorders, Hormonal disorders (DM, PCOS, Hypo Hyper Thyroidism), Cardiovascular disorders, Neurological Disorders (Stroke, Epilepsy, Cerebral palsy), Hepatological disorders (Hepatitis, Cirrhosis, End stage liver disease), Pulmonary Disorders, Rheumatoid disorders, Renal Disorders, urogenital tract Disorders, Cancer Related disorders etc.

Assessment of Nutritional Status:

This course underlying the nutritional assessment systems: nutrition surveys, nutrition surveillance, nutrition screening. Nutritional assessment methods: anthropometrics, biochemical, clinical, dietary. Measuring food consumption at national level: food balance sheets, total diet consumptions, hands-on training in nutritional assessment techniques to diagnose health problems, understand and apply dietary guidelines for standard nutrient intake, select an appropriate method for measuring dietary needs for outdoor and hospitalized patients.

Meal Planning and Management:

Importance and principles of meal planning for outdoor, indoor and ICU patients; Nutritional value of meal; Rules for good menu planning; Menu planning for hospitalized patient; Selection of various foods in relation to season and market conditions; Selection, use of Study of different types of meal plans according to diseases like Diabetes mellitus , Pcos, Hypertension, Cardiovascular disease, Chronic Kidney disease, Stroke, Epilepsy, Malnutrition etc.; Different types of diets: Liquid, Soft, Semi Solid, Regular. Food labelling also focuses on critical handling of CCU and ICU patients with different routes of feeding like oral, Intravenous (IV), Nasogastric (NG), Supplemental, Enteral and Parenteral Nutrition.

Nutritional Practices in Clinical Care & Emergencies:

Importance of clinical care nutrition support; Nutritional screening and assessment; stress of the therapeutic encounter, focus of care, phases of the care process; Quality patient care and collaborative roles of nutritionists; Modified diets for various physiological needs; Enteral nutritional: composition, nutritional prescription (dose), strategies to optimize delivery and minimize risks, paediatric enteral feeding; Total parenteral nutrition; composition, intravenous nutritional prescription (dose) for specific conditions; Percutaneous endoscopic gastrostomy: Complications in enteral and parenteral nutrition; Nutritional therapy in diseases of infancy and childhood; Drug-nutrient interactions: drug effects on food and nutrients, food effects on drug absorption, food effects on drug; Dietary supplements. Introduction and concepts: understanding malnutrition, micronutrient malnutrition, causes of malnutrition; Nutrition needs assessment and analysis: individual and population assessment, health assessment and the link with nutrition, Interventions to prevent and treat malnutrition: general food distribution, supplementary feeding, therapeutic care, micronutrient interventions, health and livelihood interventions, HIV and AIDS nutrition; Nutrition information, education and communication; Monitoring and evaluation, standards and accountability; Role of national and international agencies: UNHCR, WFP, NDMA (National disaster management authority), Civil defence; Hygiene and sanitation; Emergency foods.

Infant and Young Child Feeding:

Infant young child feeding: introduction, global strategy, importance of breastfeeding, local and international scenario, breastfeeding working; Breastfeeding practices: assessing a breastfeed, taking a feeding history, common breastfeeding difficulties, expressed breast milk; Breastfeeding counselling: listening and learning, building confidence and giving support, counselling for infant feeding decisions, counselling cards tools; Complementary feeding practices: importance, cup-feeding and hygienic preparation of food, replacement feeding in the first 6 months, foods to fill energy and micronutrients gap, quantity and frequency of feeding, feeding techniques, food demonstration; Breastfeeding related topics: growth charts, maternal illnesses and breast feeding, breast conditions, health care practices, International code of marketing of breast milk substitutes, checking understanding and arranging follow-up, feeding during illness and low-birth-weight babies; Feeding guidelines of various global agencies – WHO etc.; Complex challenges to implementing the global strategy for infant and young child feeding.

Maternal Child Health:

This course will elaborate contribution of good maternal health and nutrition care contribution to child survival against infections, neonatal morbidity and mortality. It will explain the importance of health of a woman during pregnancy, childbirth and postnatal period. And how good maternal health imparts good health destiny in a child that will ultimately build a health society.

Nutritional Practice House job:

Nutritional Practice House Job (NPH) is of six months. Candidates would have direct interaction with all kind of patients (Indoor, outdoor, different wards, ICU) and grip on different diseases of their specialized area and make a meal plan accordingly.

Eligibility criteria:

Candidate holding a bachelor's degree in nutrition, food or any relevant field from a recognized university.

Admission:

University has its own Admissions Committee, comprising of Program Coordinator/ Consultant, the Registrar. The Admissions Committee has the responsibility for the selection of applicants to be admitted to the Program. It establishes procedures for the timely review of applications to the Program. Deferrals of admission are at the discretion of the Admissions Committee. The selected candidates from the Admissions Committee will be exempted from any test or interview.

Final selection:

The applicant's acceptance is contingent upon the receipt of all required documents including official transcripts. The Admissions Committee is responsible for identifying those students with missing documents and/or credentials which do not meet eligibility standards.

Participant fee:

Rs 120,000/- (Instalments are available).

Address:

Health Services Academy,
Park Road, Chak Shahzad,
Islamabad.

0336-1218280

051-9255592

Reference books:

1. Understanding Nutrition by Whitney and Rolfes.
2. Nutritive Value of Indian Foods by C. Gopalan, B.V. Rama Sastri and S.C.Balasubramian.
3. Krause's Food and The Nutrition Care Process by Mahan and Raymond.
4. Normal and Therapeutic Nutrition by C. H. Robinson.
5. Nutrition and Diet Therapy by P. S. Stanfield.
6. Manual of Clinical Nutrition Management by Morrison Management Specialties.
7. Fundamentals of Human Nutrition by Catherine Geissler and Hilary Powers
8. Nutritional Assessment by Robert D. Lee and David C. Nieman
9. Food Service Management by Maria Lutgarta Manuela B. Punay
10. The Plant-Based Diet Meal Plan by Cook Book
11. Food Safety Management Programs by Debby Newslow