

DIET THERAPY

UNIT CODE: 0915 551 16A

TVET CDACC UNIT CODE: HOSCU/FBM/CC/01/6/MA

UNIT DURATION: 70 Hours

Relationship to Occupational Standards

This unit addresses the unit of learning: **apply diet therapy**

Unit Description

This unit of learning covers the learning outcomes, content, assessment methods, methods of delivery and resources required to apply diet therapy It involves Apply principles of diet therapy Manage diseases and conditions using diet therapy Apply home nursing care

Summary of learning outcomes

By the end of this unit, the learner should be able to:

S/No	Learning Outcomes	Duration (Hours)
1.	Apply principles of diet therapy	20
2.	Manage diseases and conditions using diet therapy	30
3.	Apply home nursing care	20
Total		70

Summary of learning outcomes

Unit of learning code	Unit of learning title	Elements	Duration in hours
0611 551 16A	Diet therapy	1. Apply principles of diet therapy	20
		2. Manage diseases and conditions using diet therapy	30
		3. Apply home nursing care	20
	TOTAL		70

Learning outcomes, Content and Suggested Assessment Methods

Learning outcome	Content	Suggested Assessment Methods
<p>1. Apply principles of diet therapy</p>	<p>1.1 Diet therapy</p> <ul style="list-style-type: none"> • -Definition of terms • -Diet • Diet therapy • Therapeutic diet • Modified diet <p>1.1.2 Importance of dietary requirements</p> <ul style="list-style-type: none"> • To promote repair of worn-out tissue • To promote growth • Maintenance of body cells • Improve immune system <p>1.2 Factors that influence dietary requirements</p> <ul style="list-style-type: none"> • -occupation • -age • -sex • -disease • -genetic makeup <p>1.3 Recommended dietary allowances (RDA)</p> <ul style="list-style-type: none"> • -definition of RDA • -uses of RDA <p>-Acts as a reference standard for discussing nutritional needs of patients</p> <p>-used in guiding healthy individuals to achieve adequate nutrient intake</p> <ul style="list-style-type: none"> • Recommended dietary allowance of various groups <ul style="list-style-type: none"> • -expectant mother • -lactating mother • -adolescent girls • -Adolescent boys • -toddlers • -infants • -elderly 	<ul style="list-style-type: none"> • Apply principles of diet therapy

Learning outcome	Content	Suggested Assessment Methods
	<ul style="list-style-type: none"> • -men • RDA Tables <p>1.4 Nutrition health education</p> <ul style="list-style-type: none"> • The eat well plate • Food composition table <p>1.5 Therapeutic diet</p> <ul style="list-style-type: none"> • Modified consistency diets • Calorie restricted diet • Fat restricted diet • Low cholesterol diet <ul style="list-style-type: none"> • Bland diet 	
2. Manage diseases and conditions using diet therapy	<p>2.1 Diseases and conditions requiring diet modification</p> <ul style="list-style-type: none"> • Ulcers • Diabetes • High blood pressure • Paralytic ileus • Persistence diarrhea • GIT obstruction <p>2.2 Management of diseases and conditions</p> <p>2.3 Modified diets</p> <ul style="list-style-type: none"> • Liquid • Soft • Bland • Pureed • Low fat diet • High protein diet • Carbohydrate controlled <p>2.4 modes of feeding in therapeutic diet</p> <ul style="list-style-type: none"> • parenteral feeding • enteral feeding <p>2.5 Dietetic food commodities</p> <ul style="list-style-type: none"> • Infant formula • Meal replacement food • Sport food <ul style="list-style-type: none"> • Intravenous 	3 Manage diseases and conditions using diet therapy

Learning outcome	Content	Suggested Assessment Methods
3. Apply home nursing care	<p>3.1 Home nursing</p> <ul style="list-style-type: none"> • definition of home nursing • Importance of home nursing • duties of a home nurse • qualities/attributes of a home nurse <p>3.2 Nutritional needs of the sick</p> <ul style="list-style-type: none"> • Balance • Right consistency • Quantities • Intervals (frequency of meals) • Variation in colour • Cooking methods <p>3.3 Public health concerns (sterilization and disinfection)</p> <ul style="list-style-type: none"> • Safety needs of the patients • Social needs of the patient • Emotional needs of the patient • Equity • Religious need of the patient • Psychological needs of the patient • Physical needs of the patient <p>3.4 the sick room</p> <ul style="list-style-type: none"> • essential supplies in a sick room • sanitation and hygiene in a sick room <p>-cleaning protocols -making the bed -handling of equipment -handling of body discharge</p>	4 Apply home nursing care

Suggested Methods of Delivery

1. Projects
2. Demonstration by trainer

- Practice by the trainee
- Discussions
- Direct instruction
- Role playing

Recommended Resources for 30 Trainees

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
A	Learning materials			
7.	Textbooks	Comprehensive texts books on Entrepreneurial Skills	30 pcs	1:1
8.	PowerPoint Presentations	For trainer's use, covering course content and practical applications	1	1:30
9.	Projector	Functional projector for displaying content during presentations	1	1:30
10.	Media Resources	These include but are not limited to: <ul style="list-style-type: none"> • Video Clips • Audio Clips • TV Sets • Radio Sets • Newspapers • Business Journals • Case studies 		
11.	Templates	Templates for creating various documents e.g. business plan, invoices etc.	30	1:1
12.	White board	Quality whiteboard of approximately 6 ft by 3 ft for writing during theory instruction	1	1:30
B	Learning facilities & Infrastructure			
3.	Lecture/Theory Room /Learning resource Area*	Spacious, equipped with projectors and Seats for 30 trainees, approximately 45 sqm (5 m x 9 m)	1	1:30

S/No.	Category/Item	Description/Specifications	Quantity	Recommended Ratio (Item: Trainee)
4.	Computer Laboratory	Equipped with at least 15 functional computers with internet connectivity and the following software: <ul style="list-style-type: none"> • Windows/ Linux/ Macintosh Operating System • Microsoft Office Software • Google Workspace Account • Antivirus Software 	1	1:1
C	Consumable Materials			
5.	Writing Materials	Writing materials for note taking	Enough	
6.	Flashcards	For carrying out various activities by trainees	Enough	
7.	Charts	Sufficient for group work activities and displaying	Enough	
8.	Whiteboard Marker Pens	Dry-erase markers for trainers use. Assorted colors	Enough	
1.	Lap top	Functional with online instructional content.		
2.	Internet	Stable and reliable with bandwidth of 20Mbps		