Jan Amos Komeński
STATE UNIVERSITY
OF APPLIED SCIENCES
in Leszno

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# Course syllabus for Erasmus+ incoming students

| Course Title | |
|---|---|
| **Clinical Nutrition and Nutritional Care<br>From Risk Recognition to Interprofessional Care** | |
| Academic Teacher | Adam M. Adamek, DrSc, MPH |
| E-mail | adam.adamek@ansleszno.pl |
| ECTS credits | 5 |
| Number of hours | 120 h total \| 30 contact + 90 self-study |
| Course code | INT-IZKFP-CNNC-26 |
| **Course description** | |
| First-cycle level; teaching language English B2.<br>The course explores nutrition as part of everyday care during illness, recovery and later life. Students recognise malnutrition risk factors, learn screening principles, analyse barriers to eating and prepare a clear team handover. They compare oral, enteral and parenteral support and practise collaboration with dietitians and clinical staff.<br><br>Prerequisites: Basic physiology and health-science knowledge; English B2.<br>Students work on educational cases under teacher supervision. | |
| **Learning outcomes and course content** | |
| LO1 Explains the roles of energy, protein, fluids and diet quality in care.<br>LO2 Distinguishes screening, nutritional assessment and diagnosis and basic routes of nutrition support.<br>LO3 Interprets an educational case using screening-tool logic and identifies when referral is required.<br>LO4 Analyses intake barriers including appetite, oral health, function and the meal environment.<br>LO5 Develops an interdisciplinary care pathway with monitoring measures.<br>LO6 Discusses eating barriers without stigma, checks understanding and agrees support within professional boundaries. | |

Course content: Nutrition as part of care; Risk and screening; Energy, protein and fluids; Malnutrition in hospital and community; Barriers to eating; Food first and oral support; Routes of nutrition support; Selected clinical contexts; Patient conversation and team conference; Nutritional Care Challenge.

**Student workload and self-study description**

Contact teaching 30 h; Reading 20 h; Case preparation 20 h; Care-pathway project 30 h; Reflection and patient information 10 h; Assessment preparation 10 h.

Assessment: Individual case analysis 30%; Screening and referral exercise 20%; Interdisciplinary care-pathway project 35%; Quizzes 15%.

**Literature**

ESPEN practical guideline Clinical nutrition and hydration in geriatrics 2022
https://pubmed.ncbi.nlm.nih.gov/35306388/
ESPEN Guidelines and consensus papers
https://www.espen.org/guidelines-home/espen-guidelines
WHO Healthy ageing and functional ability
https://www.who.int/health-topics/ageing