EXTENDED LECTURE OUTLINE

DIT 321 Diet Counselling 3 (1+2)

I: Introduction to Dietetics and Diet Counselling

- Concept and scope of dietetics
- Definition of dietitian and diet counselling
- Evolution of dietetics as a profession
- Importance of diet counselling in preventive and therapeutic nutrition

II: Role of Dietitian in Health Care Systems

- Functions of dietitian in health care delivery
- Role of dietitian in:
    - Hospitals and clinical settings
    - Community nutrition programmes
    - Public health and primary health care
    - Food service management
    - Research, teaching and consultancy
- Multidisciplinary health care team and role of dietitian

III: Status of Dietitian in India

- Development of dietetics profession in India
- Educational qualifications and training required
- Professional organizations related to dietetics
- Employment opportunities and career prospects
- Challenges and emerging trends in dietetics profession

IV: Classification and Responsibilities of Dietitians

- Types of dietitians:
    - Clinical dietitian
    - Community dietitian
    - Food service dietitian
    - Sports and wellness dietitian
    - Consultant and private practice dietitian
- Roles and responsibilities of each category
- Professional competencies required for dietitians

V: Code of Ethics and Professional Conduct

- Meaning and importance of professional ethics
- Code of ethics for dietitians
- Ethical issues in diet counselling practice
- Confidentiality, consent and professional accountability

VI: Mini Nutritional Assessment (MNA)

- Concept and objectives of nutritional assessment
- Components of mini nutritional assessment

- Anthropometric, clinical, dietary and biochemical parameters
- Interpretation of MNA results
- Applications of MNA in clinical and community settings

VII: Diet Prescription and Meal Planning

- Principles of diet prescription
- Factors influencing diet prescription
- Steps in planning therapeutic diets
- Modification of normal diets for disease conditions
- Individualized meal planning

VIII: Patient Care and Counselling

- Concept of patient-centered care
- Nutrition care process
- Communication skills in diet counselling
- Building rapport and counselling ethics
- Documentation and follow-up

IX: Counselling Strategies and Techniques

- Types of counselling approaches
- Behavioral change theories relevant to nutrition counselling
- Motivational interviewing
- Goal setting and problem-solving techniques
- Barriers to effective counselling and solutions

X: Diet Counselling for Nutritional Disorders and Diseases

- Counselling for:
    - Undernutrition and overnutrition
    - Obesity and overweight
    - Protein-energy malnutrition
    - Micronutrient deficiencies
- Disease-specific counselling:
    - Diabetes mellitus
    - Cardiovascular diseases
    - Gastrointestinal disorders
    - Renal and liver diseases

XI: Use of Food Exchange Lists

- Concept and purpose of food exchange lists
- Types of exchange lists
- Application in meal planning
- Use of exchange lists in disease management
- Advantages and limitations

XII: Feeding of Patients

- Oral feeding principles

- Feeding techniques for hospitalized patients
- Special feeding considerations
- Monitoring food intake and compliance

XIII: Parenteral and Enteral Nutrition

- Definitions and indications
- Types of enteral feeds
- Parenteral nutrition – components and routes
- Role of dietitian in parenteral and enteral nutrition
- Importance and monitoring

XIV: Pre- and Post-Operative Nutrition Care

- Nutritional care before surgery
- Nutritional support after surgery
- Diet progression in post-operative patients
- Role of dietitian in recovery and rehabilitation

XV: Supervised Counselling of Patients/Clients

- Principles of supervised counselling
- Case-based counselling approach
- Documentation and outcome evaluation

XVI: Data Management and Interpretation

- Types of data in dietetics practice
- Recording and maintenance of patient data
- Interpretation of dietary and clinical data
- Use of data for decision-making

XVII: Indian Dietetic Association (IDA)

- History and formation of IDA
- Aims and objectives
- Role of IDA in professional development
- Membership and activities

REFERENCES

1. **Srilakshmi, B.** – *Dietetics*
   Excellent for basic dietetics, patient care and food exchange concepts.
2. **Goutham, B.S. & Rao, S.** – *Nutrition and Dietetics*
   Essentials in counselling and community nutrition.
3. **Brownie, S. & Middleton, S.** – *Nutrition Education and Counselling Skills*
   Practical strategies for patient communication and behavior change.
4. **Kulkarni, U. & Chopra, R.** – *Nutrition Counselling: A Guide for Health Professionals*
   Skill-based techniques for effective counselling.

5. **Mahan, L.K., Escott-Stump, S.** – *Food, Nutrition & Diet Therapy*
   Detailed treatment of clinical dietetics.
6. **Academy of Nutrition and Dietetics** – *Manual of Clinical Dietetics*
   Standard reference for clinical procedures and nutrition assessment.
7. **Mudambi, S.R. & Rajagopal, M.V.** – *Fundamentals of Foods, Nutrition and Diet Therapy*
   Good lab guidance for therapeutic kitchen setup.
8. **Indian Dietetic Association Publications**
   Counselling guidelines, dietary fact sheets, and practical tools for dietitians.

Supplementary Online Resources

✔ Academy of Nutrition and Dietetics – www.eatright.org
✔ WHO Nutrition Counselling Guidelines – www.who.int
✔ Indian Dietetic Association – www.idaindia.com