



AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Nutrition in Pregnancy and Puerperium							
Course Code		BDB335		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	4	Workload	100 (<i>Hours</i>)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		Determine the interaction physiological, metabolic and endocrine changes related to nutrition in period of pregnancy and lactation, learn the principles of nutrition therapy in cases (gestational diabetes, maternal PKU, neural tube defects, hyperemesis gravidarum, preeclampsia, etc.), that required medical nutrition therapy in this period, discuss the related scientific researches, interpret training and applications related to clinical and community nutrition, incorporate the applications is intended.							
Course Content		This course, metabolic adaptation for pregnancy and lactation (GIS changes, changes in endocrine-hormones, energy, CHO, changes in protein and fat metabolism, maternal health and milk yield changes, etc.), nutritional physiology (weight gain, fetal development, changes in appetite case, hyperemesis gravidarum, etc.), pregestastional-gestational diabetes and nutritional therapy, macro (Cho, prt., fats) and micronutrients requirements (vitamins and minerals) during pregnancy and lactation are included.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Discussion, Individual Study, Problem Solving					
Name of Lecturer(s)									

Prerequisites & Co-requisites

ECTS Requisite	60
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Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	70

Recommended or Required Reading

1	American Journal of Clinical Nutrition
2	Essentials of Life Cycle Nutrition (Eds: Sharlin J, Edelstein S), Jones and Barletts Publishers, 2011, USA.
3	Modern nutrition in health and disease (Eds: Shils m, Shike M, Ross c, et al) Lippincott Williams & Wilkins, 2006.
4	Handbook of Nutrition and Pregnancy (Ed:Lammi-Keefe JC), Humana Press,2008.

Week	Weekly Detailed Course Contents	
1	Theoretical	General principles of nutrition in pregnancy and lactation
2	Theoretical	General principles of nutrition in pregnancy and lactation
3	Theoretical	Programs and practices related to pregnancy and lactation
4	Theoretical	Preconceptional Nutrition
5	Theoretical	Fetal growth and nutrition
6	Theoretical	Neural tube defects
7	Theoretical	Anemia and Nutrition applications
8	Intermediate Exam	Midterm Exam
9	Theoretical	Gestational hypertension, preeclampsia, gestational diabetes, and nutrition practices
10	Theoretical	Use of nutritional supplements in pregnancy and lactation (vitamins, minerals, herbal support etc.).
11	Theoretical	Maternal changes in lactation and food / nutrient requirements
12	Theoretical	Breast milk
13	Theoretical	Articles discussing, general assessment
14	Theoretical	Articles discussing, general assessment
15	Final Exam	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	13	4	2	78
Midterm Examination	1	10	1	11



Final Examination	1	10	1	11
Total Workload (Hours)				100
[Total Workload (Hours) / 25*] = ECTS				4
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Learns endocrine changes and nutritional physiology of pregnancy and lactation period.
2	Learns about the importance of preconceptional nutrition. Learn about fetal development and nutrition and neural tube defects
3	Learns about basic clinical nutrition practices for this period.
4	Obtains information and can be calculated about food and nutrient requirements during pregnancy and lactation.
5	Learns and can develop solutions about nutrition problems during pregnancy and lactation period.
6	Obtains information and can develop suggestions about applications and programs related to pregnancy and lactation.
7	Gains skills to access to searched information, analyzes, bring together and presentation.

Programme Outcomes (Nutrition and Dietetics)

1	Assess, apply and evaluate the accuracy, reliability and validity of basic knowledge and evidence based current scientific developments on nutrition and dietetics.
2	Assess scientifically the energy and nutrients need of individuals and develop nutrition plans and programs for the clients according to the principles of adequate and balanced nutrition and assessment of energy and nutrient requirements
3	Develop food and nutrition plans and policies for the prevention and promotion of healthy lifestyle applying the methods of nutritional assessment for the population.
4	Assess the nutritional status of the patients, evaluate the clinical symptoms, plan and apply individualized medical nutrition therapy for the patients.
5	Evaluate the factors affecting the quality of food consumed by the individuals and populations from production to consumption and implement the legal standards and legislations on food safety and food security.
6	Consider, interpret and apply the basic scientific knowledge on nutrition and dietetics especially have skills on critical thinking, problem solving and decision making and use effectively the appropriate current technologies and computer, demonstrate skills in preparing research manuscripts, project proposals, collecting and verifying data and writing report.
7	Assess, evaluate and interpret the nutritional status of the individuals and population groups using current knowledge, develop preventive measures, apply medical nutrition therapy, demonstrate active participation, teamwork and contributions with national and international stakeholders in health and social areas, in terms of ethical principles.
8	Plan menus in the institutional food service systems depending on the energy and nutrient requirements of target groups in the scope of nutrition and dietetic principles, take care of food safety in all settings from purchase of food to service, apply appropriate service using technological developments.
9	Develop and use effective strategies for the education, counseling and encouragement of individuals and population groups to facilitate behavior change and choose healthy and safety foods, prepare and update the related educational materials.
10	Apply laboratory work on product development, food analysis and related factors effecting food quality and interpret the results and evaluate them according to the legal arrangements.
11	Plan, manage, evaluate, monitor and report researches and programs to educate and increase and improve the knowledge and awareness of individuals and population groups on healthy nutrition during all lifecycle period, and lead such activities, support and take role in the preparation and implementation of national and international food and nutrition plans and policies.
12	Work and perform duties in the scope of occupational responsibilities and ethical principles, understand the importance of lifelong learning, follow the latest developments (innovations) in science, technology and health, demonstrate professional attributes for the enhancement of nutrition and dietetics profession.
13	Use, apply, discuss and share scientific and evidence based knowledge in nutrition and dietetics practice with team and team members, develop and demonstrate effective skills using oral, print, visual methods in communicating and expressing thoughts and ideas, communicate with all stakeholders within ethical principles. Develop and demonstrate effective communications skills using oral, print, visual, electronic and mass media methods
14	Plan, apply, monitor and evaluate individualized medical nutrition therapy within interdisciplinary approaches, considering the sociocultural, economical status of patients in various age groups and also contribute to clinical researches.

Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2	L3	L4	L5	L6	L7
P1	2	2	3	3	2	3	2
P2	3	2	3	3	2	3	3
P3	4	3	2	2	3	2	2
P4	2	2	4	2	1	4	4
P5	3	2	2	2	2	2	2
P6	2	2	3	3	3	3	3
P7	4	4	3	2	2	2	2
P8	2	2	3	4	1	1	4



P9	3	3	4	2	2	2	2
P10	2	2	2	3	3	2	3
P11	2	4	3	2	2	2	2
P12	3	2	2	1	4	3	2
P13	2	3	3	2	2	2	3
P14	4	2	2	3	3	1	2

