Certificate ADD-ON course (UGC Sponsored)

DIETITIAN MANAGEMENT

(Dietitian Training and Diet Management)

DEPARTMENT OF FOOD AND NUTRITION, WOMEN'S COLLEGE, CALCUTTA

ADMISSIONS OPEN!

ELIGIBILITY-

B. Sc. in-

- **Home Science**
- **Food and Nutrition**
- **Human Nutrition**

Internship in National & international agencies

JOB OPPORTUNITIES -

- **Different hospitals or Nursing homes.**
- **Government Agencies and NGOs**
- **Higher studies in India and abroad**

Contact

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🌐 http://womenscollegekolkata.ac.in/

Summary report on Adon course of Dietitian Management
(Dietitian Training and Diet Management)

Women's College, Calcutta

P-29, Kshirode Vidyavinode Avenue, Kolkata- 700003

Course coordinator :-

- Dr. Debarati Mukherjee, faculty of Women's College Calcutta, Dept. Of Food and Nutrition.
- Arpita Srimani, faculty of Women's College Calcutta, Dept. Of Food and Nutrition.
- Dr. Sohini Roy, faculty of Women's College Calcutta, Dept. Of Food and Nutrition.

Duration of course - 3 to 6 months

Name of the course - Dietitian Management (Dietitian Training and Diet Management)

Course sponsored by -   UGC

Course offered by - WCC (Food & Nutrition) Department

Session started - 17/07/2021

Session ended - 30/11/2021

Faculty members :-

(Dietitian in charge of Kothari Medical centre)

Malabika Datta

Dt. Payel kumar

HOD of Dietetics Dept of Techno India DAMA Healthcare
Medical Centre

NIN (IDA) Reg - 145-46

M.Sc,M.Phil,CDE

DIP in Dietetics

DIP in REDCOP

DIP in Bariatric Surgery Nutrition

Masters in Diabetes Mellitus (Foreign Degree)

About the course :-

The course educates students about the role of therapeutic diets in the management of chronic illnesses and other nutritional disorders. The role of nutrition is not only to keep one healthy but also to help overcome diseases and act as a supplement to the treatment. It forms an important part of the diet therapy in the treatment along with the medicines given to the patient.

The course concerns with food requirements through the life span, functional foods & supplements, dietary guidelines for ailment, creative diet and menu planning, lifestyle & eating modifications with nutritional counseling, clinical nutrition and Therapeutic diets for cancer, diabetic and CVD patients, diet plans for Obese patients as well and etc.

Inside the course :-
Diabetes Type (i)&(ii) symptoms and guidelines

Diabetes mellitus refers to a group of diseases that affect how your body uses blood sugar (glucose). Glucose is vital to your health because it's an important source of energy for the cells that make up your muscles and tissues. It's also your brain's main source of fuel.

- *Some of the signs and symptoms of type 1 diabetes and type 2 diabetes are :-*

i) Increased thirst.
ii) Frequent urination.
iii) Extreme hunger.
iv) Unexplained weight loss.
v) Presence of ketones in the urine (ketones are a byproduct of the breakdown of muscle and fat that happens when there's not enough available insulin).
vi) Fatigue.
vii) Irritability.
viii) Blurred vision.
ix) Slow-healing sores.
x) Frequent infections, such as gums or skin infections and vaginal infections.

- *Type 1 diabetes is also called insulin-dependent diabetes. It used to be called juvenile-onset diabetes, because it often begins in childhood.*
- *Type 1 diabetes is an autoimmune condition. It happens when your body attacks your pancreas with antibodies. The organ is damaged and doesn't make insulin.*

- *Prediabetes can make you more likely to get type 2 diabetes and heart disease. Exercising more and losing extra pounds, even as little as 5% to 7% of your body weight, can lower those risks.*

Patient's Diet and Nutrition

The physician with an overall sense of the patient's daily eating habits and help to identify major sources of saturated fat in the patient's diet. The patient is asked about the number of meals and snacks eaten in a 24-hour period, dining-out habits and frequency of consumption of fruits, vegetables, meats, poultry, fish, dairy products and desserts.

A good way to begin is to ask patients what they consume during the day and night, to assess their overall intake. This information will also reveal irregular eating habits, such as consuming the majority of the day's calories in the evening. Obesity researchers at the University of Pennsylvania have offered this definition for the term "night-eating syndrome": having no appetite for breakfast, eating 50 percent or more of total daily food intake at night and having difficulty falling asleep or staying asleep.

Liver Disease

The liver is essential for digesting food and ridding your body of toxic substances.

Liver disease can be inherited (genetic). Liver problems can also be caused by a variety of factors that damage the liver, such as viruses, alcohol use and obesity.

Over time, conditions that damage the liver can lead to scarring (cirrhosis), which can lead to liver failure, a life-threatening condition. But early treatment may give the liver time to heal.

Liver disease doesn't always cause noticeable signs and symptoms. If signs and symptoms of liver disease do occur, the may include:

i) Skin and eyes that appear yellowish (jaundice).
ii) Abdominal pain and swelling.
iii) Swelling in the legs and ankles.
iv) Itchy skin.
v) Dark urine color.
vi) Pale stool color.
vii) Chronic fatigue.
viii) Nausea or vomiting.
ix) Loss of appetite.
x) Tendency to bruise easily.

Renal Diet

A kidney-friendly diet, or renal diet, usually limits sodium to under 2,300 mg per day, as well as your potassium and phosphorus intake.

In people with kidney disease, potassium intake is important to be aware of, as too high or too low potassium can cause many health problems.

Dietary restrictions vary depending on the stage of kidney disease.

For instance, people with early stages of chronic kidney disease will have different dietary restrictions than those with end stage renal disease, or kidney failure.

- *Here are 17 foods that we should likely avoid on a renal diet :-*

1. Dark-colored soda.
2. Avocados.
3. Canned foods.
4. Whole wheat bread.
5. Brown rice.
6. Bananas.
7. Dairy products.
8. Oranges and orange juice.

9. Processed meats.
10. Pickles, olives, and relish.
11. Apricots.
12. Potatoes and sweet potatoes.
13. Tomatoes.
14. Packaged, instant, and premade meals.
15. Swiss chard, spinach, and beet greens.
16. Dates, raisins, and prunes.

Cancer

Cancer causes cells to divide uncontrollably. This can result in tumors, damage to the immune system, and other impairment that can be fatal.

Causes of cancer are:-

A) *Inherited.*
B) Mutation or abnormal activation of cellular genes(oncogens).
C) *Heavy alcohol consumption.*
D) *Physical inactivity.*
E) *Excessive body weight.*
F) *Poor nutrition.*

Types of Cancer:-

1) *Oral cancer*
2) *Lung cancer*
3) *Breast cancer*
4) *Cervical cancer*
5) *Prostate cancer*
6) *Colon cancer*
7) *Brain cancer*

Primary Medical Treatment:-

- *Surgery*
- *Chemotherapy*
- *Radiation therapy*

- *Dietary factors that reduces the risk of cancer are:-*

  1. *Fruits and vegetables.*
  2. *Tomato.*
  3. *Onion, Garlic.*
  4. *Vitamin C rich foods.*
  5. *Fibre containing food.*
  6. *Folate containing food.*
  7. *High level of physical activity.*

Cardiovascular Diseases

Cardiovascular disease (CVD) is a general term for conditions affecting the heart or blood vessels.. and leads to stroke, cardiac arrest, etc.

Types of CVDs:-

1) Coronary heart disease

2) Peripheral arterial disease

3) Strokes and TIAs

4) Aortic disease

Causes/ risk factors of CVD:-

1. *High blood pressure*
2. *Smoking*
3. *High cholesterol*
4. *Diabetes*
5. *Inactivity*
6. *Being overweight or obese*
7. *Ethnic background*
8. *Family history of CVD*
9. *Age and Gender*

- *Dietary factors that reduces the risk of CVD :-*

a) Keeping the cholesterol and triglyceride levels under control.

b) Get regular exercise.

c) Maintaining a healthy weight.

d) Eating a healthy diet.

e) Limiting alcohol.

f) Controlling blood pressure.

g) Quit smoking.

h) Managing diabetes.

i) Managing stress.

j) Getting enough sleep.

Nutritional Management for Obese patients

A person whose body weight is 20% or more than prescribed standard weight, this is called obesity.

Causes of Obesity-   1. Family food intake,   2. Skipping breakfast,   3. Nibbling,

4. Distress eating(leftover foods), 5. Improper lifestyle - Over eating.
                                                        - Excessive consumption of fats.
                                                        - Smoking and Drinking.

- *According to ICMR grading of obesity is based on BMI (Body Mass Index).*

Body Mass Index is a simple calculation using a person's height and weight.
The formula is BMI = kg/m^2
where, kg is a person's weight in kilograms and m^2 is their height in metres square.

Obesity = 25.0

Under weight = <18	*Obesity Grade 1 = (25-29)*
Normal = 18.0-22.9	*Obesity Grade 2 = (30-40)*
Over weight = 23.0-24.9	*Obesity Grade 3 = Greater than 40*

- *losing weight through healthy eating, being more physically active, and making other changes to your usual habits.*

- *Weight-management programs may help some people lose weight or keep from regaining lost weight.*

- *Special diets such as Calorie-restricted diets, Intermittent fasting, etc can be done.*