

CLINICAL NUTRITION COURSE



Dr. K.M. Bhandari
Course Director

Dr. Chirag Bhandari
Course Convenor

Mrs. Sonika Sharma
Course Co-Convenor

Ms. Niveta Bajaj
Course Coordinator

BHANDARI
Institute of Minimal
Access Surgery Training

138-A, Vasundhara Colony, Tonk Road, Jaipur-18
Ph.: 0141-2703851/52

Why BHRC?

- ❖ BHRC is NABH and NABL accredited with more than 30 years of experience.
- ❖ We assure to provide proper guidance and learning through highly interactive demo sessions.
- ❖ There will be variety of patients to deal with on daily basis.
- ❖ After completion of course, training will be provided in the hospital itself and we will assist in the recruitment of the individuals in organization or places of food nutrition or clinical nutrition like food industries, hospitals, gyms, fitness centers and salons etc.

Course Description

Knowledge of nutrition for overall health and wellness as well as therapeutic nutrition is recognized as integral tools for the prevention and treatment of many diseases currently among the global population. The certificate and diploma in dietetics and clinical nutrition is a program with a combined integrative and preventative educational approach to health, nutrition and diseases. This program covers the core subjects in nutrition and dietetics such as fundamentals of nutrition, sports nutrition, weight management, nutrition during life cycle etc.

Students are trained to use an evidence based approach to transition patients from a state of disease back to a state of health and well being. Specifically students are taught to identify imbalances that may be contributing to a diseased state and the overall etiology rather than diagnosing and treating individual symptoms.

Our ultimate goal is to foster a future generation of practitioners equipped to help shift the current healthcare system from one of treatment to one of disease prevention and maintenance of optimal health.

Course Objectives

After completing the course, you will be able to :-

- Discuss human nutrition for healthy adults.
- Discuss the role of diet in causing and preventing various diseases.
- Describe methods used to assess nutritional status.
- Explain how dietary recommendations are formulated.
- Describe the methods used to carry out nutrition research.
- Distinguish sound nutritional information from unreliable nutritional information.
- Describe a healthy diet and food choices and explain why such choices will help prevent health problems.

Who should Attend?

- ❖ Sports persons, gym trainers, college students who wants to be a part of food industry or clinical nutrition, students from any field can join this course.
- ❖ Also students along with their academics can be a part of this course for a new experience and learning.
- ❖ This course is also beneficial for housewives who can work from home or can be a part of any nutritional organization or hospitals.
- ❖ Beauticians too can enhance themselves in their field through dietary recommendations for healthy skin and diet for brides and grooms.

CONTENT

- ❖ *Certificate program is spread over a period of 6 months with 4 modules plus training in BHRC for 45 days.*
- ❖ *Diploma is spread over a period of one year with 6 modules plus training in BHRC for 2 months.*

FOR CERTIFICATE COURSE:

MODULE 1: FUNDAMENTALS OF NUTRITION

1. INTRODUCTION TO NUTRITION
2. CONCEPT OF MICRO AND MACRO NUTRIENTS
3. VITAMINS
4. RECOMMENDED DIETARY ALLOWANCES FOR DIFFERENT AGE GROUPS
5. FUNCTIONING OF FOOD
6. BODY COMPOSITION

MODULE 2: NUTRITION DURING LIFE CYCLE

1. NUTRITION IN PREGNANCY AND LACTATION
2. NUTRITION IN INFANCY.
3. NUTRITION IN CHILDHOOD
4. NUTRITION IN ADOLESCENCE
5. NUTRITION IN ADULTHOOD
6. GERIATRIC NUTRITION.

MODULE 3: CLINICAL NUTRITION

1. DIABETES MELLITUS
2. GASTRO - INTESTINAL DISORDERS
3. RENAL DISORDERS
4. CARDIOVASCULAR DISORDERS
5. HYPERTENSION
6. CANCER
7. BURNS
8. PRE AND POST OPERATIVE DIET
9. BARIATRIC SURGERY
10. FOOD ALLERGY

MODULE 4: FOOD AND NUTRITION SERVICES IN HOSPITAL

1. SCOPE OF FOOD AND NUTRITIONAL SERVICES IN HOSPITALS
2. ROLE OF NUTRITION SUPPORT TEAM {DIETICIAN- THERAPEUTIC/ ADMINISTRATIVE AND CONSULTANT DIETICIAN, MEDICAL DOCTORS AND NURSES}.
3. TYPES OF SERVICES
4. QUALITY MANAGEMENT
5. PATIENT SATISFACTION
6. CONTINUOUS QUALITY IMPROVEMENT.

FOR DIPLOMA : MODULE 1-4 PLUS MODULE 5 AND 6

MODULE 5: NUTRITION FOR HEALTH AND FITNESS

1. NUTRITION FOR WEIGHT MANAGEMENT
2. EATING DISORDERS
3. NUTRITION FOR HEALTHY SKIN
4. SPORTS NUTRITION

MODULE 6: NUTRIENT DRUG INTERACTION

1. FOOD AND DRUG INTERACTION
2. DRUG AND DRUG INTERACTION.

Practicals :-

- 1) Use & care of Kitchen equipments
- 2) Controlling Techniques :-
Weight & Measures, standard household measures for raw & cooked food.
- 3) Planning & preparation of balanced diet for pregnant & lactating woman
- 4) Anthropometric calculation and BMI
- 5) Field visit to :-
 - a) Observe the working of nutrition & health oriented programs.
 - b) Hospitals to observe nutritional deficiencies.
- 6) Visit to patients and diet counseling.
- 7) Product development & sensory evaluation.

Course Highlights

- Therapeutic diet and its modification.
 - OPD, Pre and Post Operative Counseling
 - Ward Rounds and patient counseling.
 - Lectures, presentations and practical sessions by expert faculty
 - Supervised training
- Plenty of opportunity for informal interaction.

COURSE DURATION:

6 months certificate course in dietetics and clinical nutrition.

Course Duration : 6 Months

Course Fees : 65,000.00

One year diploma in dietetics and clinical nutrition.

Course Duration : 12 Months

Course Fees : 95,000.00

** EMI options are available*

Mode of Payment

Cheque / DD in favour of

“Bhandari Healthcare Private Limited”

Bank : **Axis Bank Ltd.**

Branch : **Gopalpura, Jaipur-302018 (Raj.)**

A/C No. : **916020035146526**

IFSC Code : **UTIB0001852**

payable at Jaipur.

Cancellation and Refund Policy

Cancellation is accepted via e-mail. In the event of cancellation two weeks prior to the course, a deduction of 25% of the course fees is applicable. No refund is applicable if registration is cancelled one week prior to the course date.

For further details on courses, dates and fees contact:

- | | | |
|-------------------------|---|------------|
| 1. Mr. Avinash Saraswat | : | 9660006228 |
| 2. Mr. Gopal Singh | : | 7073696666 |
| 3. Mrs. Uma Gupta | : | 8003295164 |

Or E-Mail us on: bimastjaipur@gmail.com