CLINICAL NUTRITION

Synopsis
This unit will equip the general practitioner with the skills and confidence in diagnosing and managing clinical nutrition issues arising in their practice. GPs are often faced with medical problems or situations that have a nutritional and/or dietary dimension, and this unit aims to assist the GP in developing skills in clinical nutrition that can be integrated with the rest of their medical skills to benefit their patients. Topics include: nutritional assessment and diagnosis, diet and macrovascular disease, obesity, nutritional management of diabetes and osteoporosis.

Objectives
By the completion of this unit students should be able to:

1. Establish a nutritional diagnosis and develop a management plan in appropriate clinical circumstances.
2. Apply increased knowledge about food composition to patient management.
3. Interpret and address questions from and counsel patients about changes in food choices, cooking styles and food/lifestyle habits.
4. Develop a preventive and management approach to many of the common diseases prevalent in our community.
5. Identify and discuss recent advances in nutrition knowledge.
6. Acknowledge and appreciate the skills of a dietitian in helping to implement your management plan.

Assessment
Essay 10%
3 Case studies 15%
Journal activities 75%