

## COMMUNICATION AND DIET COUNSELING SKILLS

Sem	Subject Code	Category	Lecture		Theory		Credits
I	21CPFN1D	Elective Paper I	Hrs/sem	Hrs/Per week	Hrs/sem	Hrs/Per week	3
			90	6	90	6	

### COURSE OBJECTIVE:

The students will be able to

1. Know the principles of diet counseling
2. Understand the role of counselors.
3. Apply the knowledge to solve the nutritional problems.

### COURSE OUTCOMES

On the successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level (K1-K4)
CO1	Identify basic elements of communication to influence behavior	k2
CO2	Describe nutrition education and health education processes.	k2
CO3	Compare between the role of a health educator and nutrition education specialist	k2
CO4	Explain how a health educator can help a client with nutritional problems related to certain health conditions	k2
CO5	Identify the behavioral theories, and how it's important to build theoretical educational program	K3, K4

Knowledge level: K1 – Remember, K2-Understand, K3- Apply, K4-Analyse.

### MAPPING WITH PO

COS	PO1	PO2	PO3	PO4	PO5
CO1	S	M	M	S	M
CO2	M	M	M	M	S
CO3	S	S	M	M	M
CO4	M	M	S	M	M
CO5	M	S	S	S	S

S-Strong; M-Medium, L- Low

## **UNIT-I**

**18 Hours**

### **Practical consideration in giving dietary advice and counseling**

- a) Factors affecting and individual food choice. b) Communication of dietary advice c) Consideration of behaviour modification d) Motivation.

## **UNIT-II**

**18 Hours**

### **Counseling and educating patient**

- a) Introduction to nutrition counseling b) Determining the role of nutrition counselor c) Responsibilities of the nutrition counselor d) Practitioner v/s client managed care e) Conceptualizing entrepreneur skills and behavior f) Communication and negotiation skills.

## **UNIT- III**

**18 Hours**

### **Teaching aids used by dietitians**

charts, leaflets, posters etc., preparation of teaching material for patients suffering from Digestive disorders, Hypertension, Diabetes, Atherosclerosis & Hepatitis and cirrhosis.

## **UNIT- IV**

**18 Hours**

### **Computer application**

- a) Use of computers by dietitian b) Dietary computations c) Dietetic management d) Education/ training e) Information storage f) Administrations g) Research

### **Using statistical applications in counselling:**

- a) Execution of software packages b) Straight line, frequency table, bar diagram, pie chart, Preparation of dietary charts for patients c) Statistical computation- mean, median, standard deviation, conclusion and regression test.

## **UNIT- V – Activities**

**18 Hours**

1. Project planning for any one disease.
2. Computer application for different diseases.
3. Submitting computed data.
4. Preparations of teaching aids in the field of nutrition.
5. Preparation of case history of a patient and feeding of information in the hard disc.

**REFERENCE BOOKS:**

1. Michael J. Gibney, Barrie M. Margetts, John M. Kearney and Lenore Arab, Public health nutrition, Blackwell publishing company. 2005.
  2. Mark Lawrence and Tony Worsley, Public health nutrition from principles to practice, Chennai microprint (P) Ltd., Chennai. 2008.
  3. Srilakshmi. B, Nutrition science, fifth edition, New age international (P) limited. 2016.
- Park.K, Text book of preventive and social medicine, BanarsidasBhanot publishers, Jabalpur. 1997

**TEACHING METHODOLOGY**

- Chalk and board teaching
- Assignments
- Group discussions
- PPT
- Seminars
- Other Group activity

**SYLLABUS DESIGNER:**

- Mrs. K. GOWTHAMI, Head And Assistant Professor, Department of Foods and Nutrition