

University: Mansoura

Faculty: Nursing

Program: Master of Nursing science

Department: Gerontological Nursing

Course specifications

1-Basic Information

Code: MSN 12	Course Title: Nutrition of the elderly تغذية المسنين	year/level: Master 2013-2014
Hours: 2x32hrs	Theory	total 64 hrs
Specialty :	Gerontological nursing	

2-Course Objective: At the end of this course improve the student over all knowledge and practical skills in managing nutritional problems affected elderly patient, Identify nutritional requirement for the elderly , applying nutritional assessment skills and be able to develop Therapeutic diet for chronic disease(Diabetic diet - Hypertensive diet)

3- Intended learning Outcomes (ILOs):

A-Knowledge and Understanding:	A1- Recognize nutritional requirement for the elderly. A2- Explain causes of malnutrition in the elderly A3- Discuss component of nutritional assessment for the elderly A4- Recognize different nutritional problems in elderly A5- Describe Therapeutic diet for chronic diseases
B-Intellectual Skills:	B1- Explain anemia in the elderly B2- Illustrate Obesity among the elderly B3- Illustrate a range of nutritional assessment techniques appropriate for elderly health and disease status B4- Design nursing intervention by using evidence based practice for different nutritional problems in elderly B5- Correlate clinical findings with nutritional status and health conditions of elderly B6- Calculate the caloric requirement of elderly

	<p>according to their health conditions and economic status</p> <p>B7- Develop diet plan for cancer elderly patient</p>
C-Professional Skills:	
D-General and Transferable:	<p>D.1-Presents data by using appropriate audiovisual materials in formal way.</p> <p>D2- Synthesize information about nutrition in the elderly from different data resources</p> <p>D.3-Communicates ideas and thoughts with staff members and colleges, in formal and respective way</p> <p>D4-Evaluate learning needs of elderly about nutrition</p>
4- Course Content:	
<ul style="list-style-type: none"> ▪ Nutritional assessment for the elderly ▪ Nutritional requirement for the elderly ▪ Anemia in the elderly ▪ Therapeutic diet for chronic diseases (HTN-). ▪ Obesity ▪ Nutrition for cancer elderly patient 	
5- Teaching and learning Methods:	
<ul style="list-style-type: none"> ▪ Interactive lectures ▪ Group discussion ▪ case study . 	
6- Teaching and learning Methods of Students with Special need: Not applicable	
7- Student Assessment Methods:	
A- Assessment Methods	Final written Exam
B- Schedule	Assessment Final written exam 33 th week
C- Weighting of Assessments	<p>total Grade : 50 grade</p> <p>Final written examination 100%</p>
8- List of references:	

A- Course notes	-----
B- Compulsory Books	<ol style="list-style-type: none"> 1. Ebersole P, Hess P. toward health aging ; human needs &nursing response . 6th ed, Philadelphia, Mosby company . 2004. 2. Linton AD, L Cress CJ. Hand book of geriatric care management . 2nd ed., USA : Mosby company, 2007.ach HW . Gerontological nursing: concept and practice . 3rd ed., USA : Saunders company,2007 3. Agronin ME, Maletta GJ.Principle &practice of geriatric psychiatry . Philadelphia. Lippincotte William &wilkins Company 2006. 4. Cress CJ. Hand book of geriatric care management . 2nd ed., USA : Mosby company, 2007
C- Recommended Books	<ol style="list-style-type: none"> 1. Advanced Nutrition
D- Periodicals, Web Sites,...etc	<ul style="list-style-type: none"> • http://www.sciencedirect.com • www.frac.org. • http://www.elderlynutrition.org/ • http://www.sparkpeople.com/resource/nutrition_articles. • www.geriatricnursing.com • http://journals.cambridge.org. • http://gateway.ovid.com.

Head of Department: Prof Dr. Karima El Shamy

Course responsible: Dr. Nadia Hassan

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