

**King Abdul Aziz University  
Faculty of Applied Medical Science  
Clinical Nutrition Department - Fourth Year**

*Professional skills in dietetics*

*(CLN 421)*

*Level 7 / Year 4*

**Dr. Nahlaa Khalifa**

# Summary of the main learning outcomes for students enrolled in the course.

- **Develop a knowledge base about the profession of dietetics and ability to acquire information about the profession using current issues in the field of dietetics.**
- **Describe nutrition counselling goals and theories**
- **Describe the basics of an effective collaborative counselling relationship**
- **Develop interpersonal skills needed for productive counselling responses and intervention**
- **Implement various behaviour change strategies for short and long term goals according to client's desire for structure**

# Summary of the main learning outcomes for students enrolled in the course.

- Discuss selected counselling issues such as cultural or gender differences, controversial diets, and nutrition information, distance/electronic counselling, and handling difficult client behaviours
- Explain issues of ethics standards of professional practice and client rights
- Communicate ideas and knowledge effectively orally and in writing.
- Demonstrate the ability to apply association code of ethics in ethical decision making to assigned case studies designed to illustrate actual scenarios from the field of dietetics practice.

# Summary of the main learning outcomes for students enrolled in the course.

- Develop a plan for seeking an internship or other route to registration and organize
- information and materials necessary for career in dietetics; e portfolio and internship application materials.
- Demonstrate the ability to participate in group work as assigned in class.
- Explore qualities that underlie professional behavior using a rubric on professionalism and reading and reflective writing on professionalism.

# Teaching strategies

- - Lectures.
- - hospital practice.
- - Homework assignments.
- -Presentations
- Participation in class discussions is a major strategy for learning. Students will be expected to contribute to class discussions regularly and with professional concern. Student participation includes participation in discussions, questioning, participating in group activities and assignments, presenting materials when assigned and otherwise contributing to the class.

# Methods of Assessment of students numerical and communication skills

- Mid term Exam
- Final Exams
- Grading class & homework assignments
- Presentations
- Active class participation reflects the students ability to keep up with the reading schedule.
- Assessment of student's performance and seriousness during individual supervision hours

# Availability for individual student consultations and academic advice.

Office hours (4 weekly). My Weekly schedule is posted on my office door.

*Personal e-mail:*

*1. [nkhalefa@kau.edu.sa](mailto:nkhalefa@kau.edu.sa)*

*2. [nahlaak@hotmail.com](mailto:nahlaak@hotmail.com)*

*Mobile phone : With the class leader*

*office phone: 24233*

# Texts

## 1. Required Text(s)

The Profession of Dietetics: A Team Approach. [June R Payne-Palacio](#)  
[Deborah D Canter](#) Lippincott Williams & Wilkins 2005 3rd **Edition.**

## 2. Essential References

The Profession of Dietetics: A Team Approach. [June R Payne-Palacio](#)  
[Deborah D Canter](#) Lippincott Williams & Wilkins 2005 3rd **Edition.**

## 3- Recommended Books and Reference Material (Journals, Reports, etc) (Attach List)

Dietetics: Practice and Future Trends [Esther Winterfeldt](#) ,[Margaret Bogle](#)  
,[Lea Ebro](#) ,Jones and Bartlett Publishers ,2005 2nd edition  
Counseling Skills for Dietitians [Judy Gable](#) Wiley-Blackwell , 2007 , 2<sup>nd</sup>  
Edition

## 4-.Electronic Materials, Web Sites etc

- **Personal Homepages.**
- **Web sites related to dietetic profession, especially sites providing images.**

5- Other learning material such as computer-based programs/CD,  
professional standards/regulations



# Chapters Topics

# The Historical Development Of Dietetics

## CHAPTER. ONE

- The very beginning
- The middle ages
- Progress in the Eighteen and Nineteenth Centuries
- The young profession in the twentieth century
- Entering the twenty -first century
- Profession in Saudi Arabia

# The Dietetics Profession

## CHAPTER. TWO

- What is dietetics?
- What is a profession?
- How is dietetics a profession
- what is a registered dietitian
- Where do dietitian work and what do they do?
- Specialty areas and new employment opportunities

# AREA OF PRACTICE

## The Dietitian In Clinical Practice

### CHAPTER. THREE

- Employment settings of clinical dietitian
- Managed Health Care
- Organization of clinical nutrition services
- Responsibilities in clinical dietetics
- Medical Nutrition Therapy (MNT)
- The Clinical Nutrition Service Team

# AREA OF PRACTICE

## Management in food and nutrition system

### CHAPTER. FOUR

- Food service in acute care
- Food service in long -term care
- Food service in non institutional population
- Clinical nutrition management
- Commercial food services

# AREA OF PRACTICE

## A counseling Approach

### CHAPTER. FIVE

- **The dietitian as skilled helper**
  - Teacher , adviser , guide or counselor ?
  - Continuum of control
  - Developing a personal philosophy
  - Qualities of a dietitian
  - Developing a counseling approach
  - Different approaches to counseling

# AREA OF PRACTICE

## A counseling Approach

### CHAPTER. FIVE

#### □ *The patient*

- The patient concern
- The patient feelings
- The patient reactions
- What is patient wants
- The nature of change
- Reactions to change
- Adapting to change

# AREA OF PRACTICE

## A counseling Approach

### CHAPTER. FIVE

#### □ Counseling Skills

- Active listening
- Responding
- Making helpful interventions



# AREA OF PRACTICE

## A counseling Approach

### CHAPTER. FIVE

- **The patient interview**
  - Adults
  - Parents and children
  - Working with difficulties in physical and mental health

# AREA OF PRACTICE

## The Dietitian As Educator

### CHAPTER. SIX

- Theories of Learning
- Types of Learning
  - Service Learning
  - Problem Based Learning
  - Project-Based Learning
- Educator Roles
- Adults as Learners
- Teaching Groups and Teams

# The Healthcare Team Approach

## CHAPTER. SEVEN

- The History of the Healthcare Team Concept
- What Makes A Group A Team
- Teamwork
- Fundamentals of Team Dynamics
- Team Development
- Communicating for Team Success
- What Makes a Work Team Effective?
- Members of the Healthcare Team

# Beginning your path to success in dietetics

## CHAPTER. EIGHT

- Who are you?
- The portfolio
  - Purpose of a portfolio
  - Step in doing portfolio
  - What should I include in my portfolio
- The Résumé
- The cover letter
- The interview