

DISCIPLINE SPECIFIC ELECTIVE

DSE HP 7B3: COMMUNICATION FOR NUTRITION AND HEALTH

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility Criteria	Pre-requisite of the course(if any)
		Lecture	Tutorial	Practical/ Practice		
Communication for Nutrition and Health	4	3	1	0	XII Pass	Pass in DSC HP 617

Learning Objectives

- To equip students to understand the basics of communication strategies and role of counselling for a healthy lifestyle and in disease management
- To develop skills for conducting counselling sessions/tools for nutrition related problems during the lifecycle

Learning Outcomes

- Gain knowledge on the basics of communication strategies and best suited methods of communicating with individuals to select appropriate strategies of dietary problems
- Understand the importance of BCC in managing nutrition related problems
- Draw out a complete Counselling plan for individuals based on their physiological conditions using the appropriate tools
- Understand how best to maintain adherence to changed dietary practices for specific physiological conditions

SYLLABUS OF DSE HP 7B3

THEORY
(Credits 3; Hours 45)

UNIT I: Basics of Communication

9 Hours

Unit Description: Students will become familiar with forms of communication , methods of communication, skills of a good communicator, barriers in effective communication, counselling in the nutrition care process and models for behaviour change. We can remove models

- Meaning of Communication, Forms of communication: Verbal and Non-verbal Communication
- Communication methods
- Characteristics of effective communication, Skills and attributes of a communicator

- Barriers to effective communication
- Concept and importance of communication in the nutrition care process
- Importance of dietary patterns and food choices and their impact on counselling
- Behaviour Change Communication and Models for behaviour change

UNIT II: Processes involved in dietary communication/counselling

6 Hours

Unit description: Students will learn how to design nutrition counselling plans and the various processes involved in designing such plans

- Designing of communication/ counselling plans – goals & objectives, evaluation instruments.
- Implementation: facilitating self-management of disease condition
- Evaluation: evaluating adherence to dietary changes
- Counselling approaches after evaluation

UNIT III: Nutrition communication through the life span

16 Hours

Unit description: Nutrition communication for improving overall health and wellbeing during various stages of the lifecycle.

- Pregnancy and Lactation
- Infancy
- Preschoolers and school going children
- Adolescents
- Adults
- Elderly

UNIT IV: Nutrition communication and strategies for improving common disorders

14 Hours

Unit Description: Nutrition communication for improving overall health and wellbeing during common disorders and strategies to maintain diet adherence.

- Lactose intolerance
- Celiac disease
- Obesity
- Metabolic syndrome
- Diabetes Type 1, Type 2 and Gestational diabetes

**TUTORIAL
(Credit 1; Hours 15)**

Course Objectives:

To gain practical knowledge in preparing Counselling sessions for selected conditions and to identify appropriate counselling strategies for different age groups and physiological conditions

Course learning Outcome:

The students will be able to-

1. Acquire knowledge in different methods of Counselling
2. Plan Counselling sessions for different physiological conditions

UNIT I: Basics of communication and counselling **2 Hours**

- Learning how to plan a face to face counselling session and use of a software for counselling.
- Survey of different Diet Apps available online for assessing nutrient intake. Critical Evaluation of any one Diet App and comparing it with manual calculation.

UNIT II: Communication for nutrition and health during the life span **8 Hours**

- Listing the traditional/ region specific dietary patterns in a specific physiological condition/minor ailment
- Developing counselling sessions and innovative methods of communication for different physiological stages
 - Preconception counselling
 - Antenatal and lactation/IYCF counselling
 - Micronutrient deficiencies in preschoolers
 - Overweight/obesity in children
 - Eating disorders in adolescents
 - Malnutrition among elderly

UNIT III: Communication for nutrition and health for management of disorders **5 Hours**

- Lactose intolerance
- Celiac disease
- Obesity and metabolic syndrome
- Diabetes

Essential Readings:

- Mahan, L. K. and Escott Stump. S. (2016) *Krause's Food & Nutrition Therapy* 14th ed. Saunders-Elsevier
- Snetselaar L. (2009). *Nutrition Counseling Skills for the Nutrition Care Process*. Fourth Ed. Sudbury, Massachusetts: Jones Bartlett Publishers.
- Beto A Judith and Holli B Betsy (2023). *Nutrition Counseling and Education Skills for Dietetics Professionals*. Eighth edition. USA: Lippincot Williams and Wilkins; Wolters Kluwer.

Suggested Readings:

- Gable J. (2016). *Counseling Skills for dietitians*. Florida, USA: John Wiley and Sons.
- Midwinter R and Dickson J.(2015). *Embedding Counseling and Communication Skills. A Relational Skills Model*. Routledge 2015
- Devito Joseph A. (2015) *Human Communication: The Basic Course*. New York: Pearson
- King K and Klawitter B.(2007). *Nutrition Therapy*. Advanced Counseling Skills. Third Edition. Philadelphia, USA: Lippincot Williams and Wilkins; Wolters Kluwer. 2007
- <http://www.fao.org/docrep/X2550E/X2550e04.htm>

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time