

DEPARTMENT OF HOME SCIENCE

B.A (Prog) with Nutrition and Health Education (NHE)

Pool of Discipline Specific Elective Course (DSE) for Even Semester Category-V

DISCIPLINE SPECIFIC ELECTIVE COURSE

DSE-NHE 2: Nutritional and Lifestyle Counselling

CREDIT DISTRIBUTION, ELIGIBILITY AND PREREQUISITES OF THE COURSE

Course Title and Code	Credits	Credit distribution of the course			Eligibility Criteria	Prerequisite of the course
		Lecture	Tutorial	Practical/ Practice		
Nutritional and lifestyle counselling	4	3	0	1	XII Pass	NIL

Learning Objectives

- To introduce students to the concept of nutrition counselling, nutrition care process and responsibilities of a nutrition counsellor
- To acquaint the students with the WHO's 5A brief interventions for behaviour change counselling
- To familiarize the students with nutrition and lifestyle counselling for prevention and management of lifestyle related disorders/diseases

Learning Outcomes

After completion of the course, the students will be able to:

- Prepare and maintain a nutrition and lifestyle counselling case record
- Incorporate the WHO's 5A brief interventions for behaviour change counselling
- Gain knowledge for becoming an effective counsellor to lead a healthy lifestyle
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SYLLABUS OF DSE-NHE-2

THEORY

(Credits 3; Hours 45)

UNIT I: Introduction to Counselling

8 Hours

This unit will introduce the concept of counselling, its stages and will acquaint the students to prepare a counselling case record.

- Basics of counselling; difference between education and counselling

- Counselling skills
- Stages of counselling
- Counsellors' role at different levels
- Counselling case record

UNIT II: Nutrition Counselling

17 Hours

This unit will help the students to understand the concept of nutrition counselling and its importance in nutrition care process, responsibilities of a nutrition counsellor and theories that influence them.

- Concept and objectives
- Nutrition care process
- Importance of nutrition counselling in the nutrition care process
- Responsibilities and role of nutrition counsellor
- Theories influencing nutrition counsellor

UNIT III: Nutrition and Lifestyle Counselling

20 Hours

This unit will familiarize the students to the concept of lifestyle counselling, its significance; WHO's 5As brief interventions for behaviour change counselling; nutrition and lifestyle counselling for lifestyle related disorders/diseases

- Lifestyle counselling – concept and significance
- Understanding behaviour change
- Counselling for behaviour change through WHO's 5As (Ask, Advise, Assess, Assist, Arrange) brief interventions – healthy diet, increase in physical activity, quit tobacco and harmful use of alcohol
- Nutrition and lifestyle counselling for lifestyle related disorders/diseases
 - Types; risk factors (modifiable and non-modifiable risk factors)
 - Signs and symptoms of lifestyle diseases/disorders
 - Prevention and management of lifestyle diseases/disorders
 - Healthy and unhealthy diet
 - Diet and linkage with other risk factors
 - Diet and lifestyle diseases/disorders
 - Role of counsellor to promote healthy dietary practices, physical activity, reduce risk from indoor air pollution, in helping individuals experiencing stress and related disorders

PRACTICAL (Credit 1; Hours 30)

1. Prepare a counselling case record for a healthy lifestyle and for any lifestyle related disease/disorder
2. Design information flyer/leaflet for risk factors of lifestyle related diseases/disorders OR do's and don'ts to maintain a healthy lifestyle

3. Create a power-point presentation showcasing signs/symptoms, prevention and management of lifestyle related diseases/disorders
4. Conduct 24-hour dietary recall for college going student of one working day, one non-working day and counsel accordingly for leading a healthy lifestyle
5. Conduct a case study using WHO's 5As (Ask, Advise, Assess, Assist, Arrange) brief interventions on any two – healthy diet, increase in physical activity, quit tobacco and harmful use of alcohol

ESSENTIAL/ RECOMMENDED READINGS

- Snetselaar, L. (2009). *Nutrition Counseling Skills for the Nutrition Care Process* (4th edn.). Jones and Bartlett Publishers.
- National programme for prevention and control of cancer, diabetes, cardiovascular diseases and stroke (NPCDCS) handbook for counsellors - Reducing risk factors for noncommunicable diseases. Directorate General of Health Services Ministry of Health and Family Welfare, Government of India. Developed by National Institute of Mental Health and Neuro Sciences (NIMHANS) in collaboration with World Health Organization India (2017) https://main.mohfw.gov.in/sites/default/files/Handbook%20for%20Counsellors%20-%20Reducing%20Risk%20Factors%20for%20NCDs_1.pdf (Accessed on 10 March 2023).
- *Counselling and educating the patient.* <https://gyansanchay.csjmu.ac.in/wp-content/uploads/2022/08/COUNSELLING-AND-EDUCATING-THE-PATIENT.pdf>
WHO (2018). *HEARTS Technical package for cardiovascular disease management in primary health care - Healthy-lifestyle counselling* <https://apps.who.int/iris/bitstream/handle/10665/260422/WHO-NMH-NVI-18.1-eng.pdf> (Accessed on 10 March 2023).
https://samples.jblearning.com/0763729604/snetselaar_4e_ch1.pdf
- Raymond, J.L, Morrow, K. (2020). *Krause and Mahan's Food and the Nutrition Care Process.* (15th edn.). Elsevier Publications.

SUGGESTED READINGS:

- Mudambi, S.R., Rajagopal, M.V. (2007). *Fundamentals of Foods, Nutrition and Diet Therapy.* New Age International Publishers, Delhi.
- Oikarinen, A., Engblom, J., Paukkonen, L., Kääriäinen, M., Kaakinen, P., & Kähkönen, O. (2023). Effects of a lifestyle counselling intervention on adherence to lifestyle changes 7 years after stroke - A quasi-experimental study. *Scandinavian Journal of Caring Sciences*, 37(1), 163–172.
- Lonnberg, L. (2022). Digital Comprehensive Summaries of Uppsala Dissertations from the Faculty of Medicine 1849. Acta Universitatis Upsaliensis Uppsala. <https://uu.diva-portal.org/smash/get/diva2:1657438/FULLTEXT01.pdf>.

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