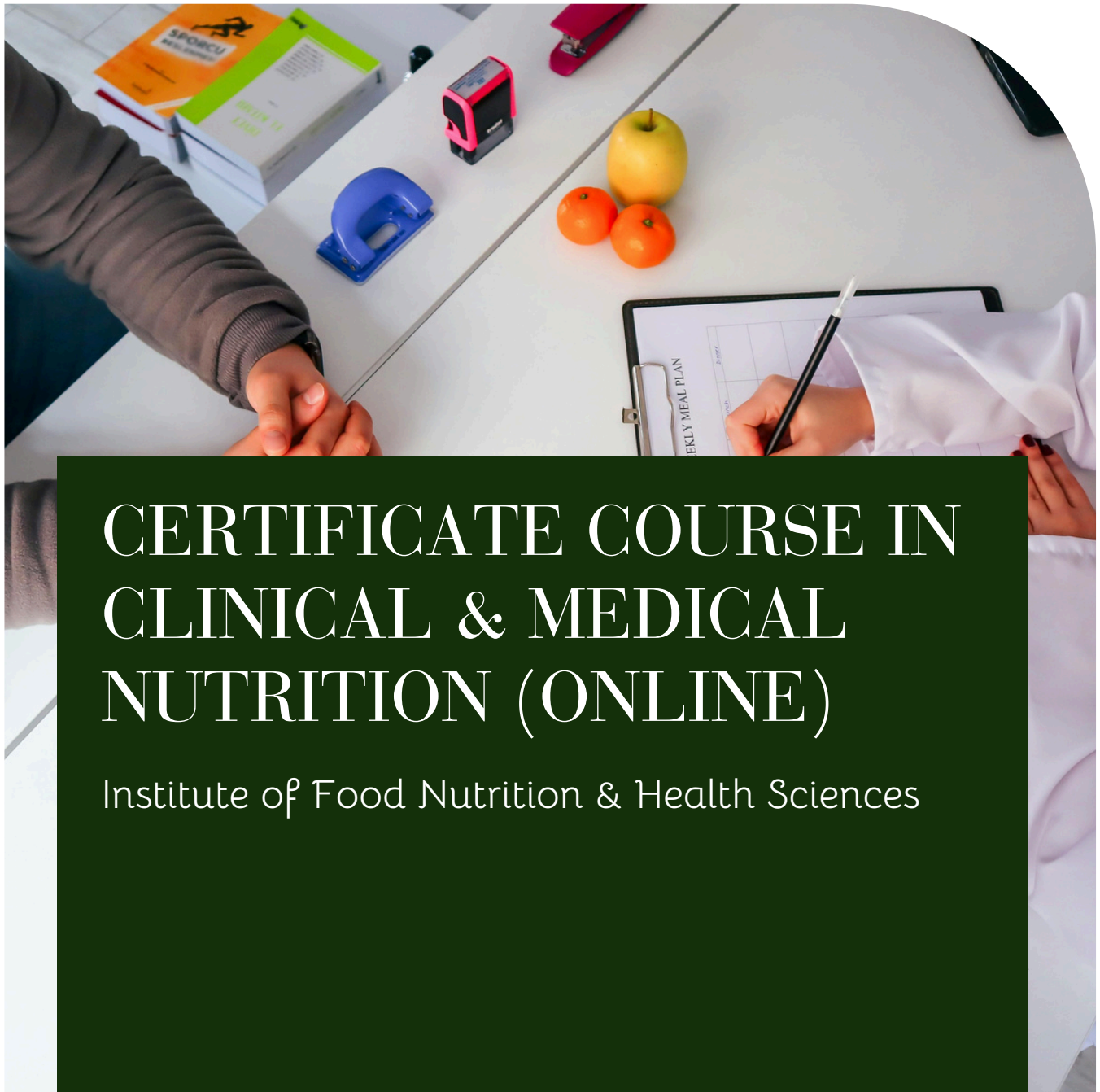


2025-MAY BATCH



**NUTRITION
COUNCIL OF
INDIA -IFNH**



CERTIFICATE COURSE IN CLINICAL & MEDICAL NUTRITION (ONLINE)

Institute of Food Nutrition & Health Sciences

5 Modules

5 weeks

Fees: Rs 4800

Internship Fees: Rs 5000 (Op)

www.nci.org.in to Register



INTRODUCTION

This specialized certificate course offers an in-depth exploration of clinical and medical nutrition, emphasizing its critical role in disease management, therapeutic diet formulation, and the nutritional needs of diverse populations. Designed to enhance professional expertise, the program integrates evidence-based practices with practical applications, empowering participants with the knowledge and skills essential for excellence in clinical and medical nutrition. Ideal for healthcare professionals, dietitians, and nutritionists, this course provides a robust foundation for those committed to advancing specialized nutrition care.

- ✓ **Covers clinical and medical nutrition fundamentals**
- ✓ **Focuses on nutrition in disease management**
- ✓ **Teaches therapeutic diet planning**
- ✓ **Explores the nutritional needs of different populations**
- ✓ **Ideal for healthcare professionals, dietitians, and nutritionists**
- ✓ **Enhances knowledge and career opportunities in specialized nutrition**

OUR APPROACH

Our evidence-based curriculum combines expert-led theory with hands-on training, real-world case studies, and clinical insights. We provide dedicated placement support, connecting graduates to top healthcare institutions with career guidance, networking, and job assistance for professional success.



Our certificate course in Clinical and Medical Nutrition is designed with a comprehensive, evidence-based approach to equip participants with practical and theoretical expertise. The curriculum integrates the latest advancements in nutrition science with real-world applications, ensuring a deep understanding of clinical nutrition practices. We emphasize interactive learning through case studies, hands-on training, and expert-led sessions to bridge the gap between knowledge and practice.

Key Features of Our Approach:

- ✓ Evidence-Based Curriculum – Rooted in the latest scientific research and clinical guidelines.
- ✓ Practical Training – Application-based learning with real-world case studies.
- ✓ Expert Faculty – Sessions led by experienced professionals in clinical and medical nutrition.
- ✓ Flexible Learning – Designed to accommodate working professionals and students.



"Nutrition is the foundation of healing—master it, and you master health."

Course Structure

Module 1: Fundamentals of Clinical and Medical Nutrition

Overview of Clinical Nutrition

- Definition and scope
- Differences between clinical, medical, and general nutrition

Role of Clinical Nutritionists

- Responsibilities and ethical considerations
- Interdisciplinary approach to patient care

Basic Nutritional Concepts

- Macronutrients and micronutrients
- Importance of hydration

Module 2: Nutritional Assessment and Diet Planning

Methods of Nutritional Assessment

- Dietary intake assessment (24-hour recall, food frequency questionnaires)
- Anthropometric measurements (BMI, waist circumference)
- Biochemical tests (blood, urine analysis)
- Clinical evaluations (medical history, physical examination)

Interpreting Assessment Data

- Identifying nutritional deficiencies and excesses
- Evaluating dietary habits and lifestyle factors

Developing Therapeutic Diets

- Principles of diet therapy
- Creating individualized meal plans

Module 3: Nutrition in Disease Management

Chronic Diseases and Nutrition

- Role of nutrition in managing diabetes, cardiovascular disease, hypertension, and obesity
- Diet therapy for cancer patients

Acute Conditions and Nutrition

- Nutrition support for surgical patients
- Managing nutrition in critical care

Gastrointestinal Disorders

- Dietary management of IBS, Crohn's disease, celiac disease, etc.

Module 4: Life Cycle Nutrition and Metabolic Disorders

Nutritional Needs at Different Life Stages

- Pregnancy and lactation
- Infants, children, and adolescents
- Adults and the elderly

Special Populations

- Athletes, vegetarians, and individuals with specific dietary restrictions
- Addressing malnutrition and undernutrition

Metabolic and Genetic Disorders

- Nutritional management of metabolic syndrome
- Inborn errors of metabolism (PKU, galactosemia, etc.)
- Nutrigenomics and personalized nutrition

Module 5: Advanced Clinical Nutrition and Practical Applications

Nutritional Support

- Enteral and parenteral nutrition (indications, formulations, and monitoring)

Integrative and Functional Nutrition

- Role of supplements and nutraceuticals
- Holistic approaches to nutrition therapy

Latest Research and Innovations

- Emerging trends and technologies in clinical nutrition
- Evidence-based practice and research methodologies

Practical Applications and Case Studies

- Case study analysis
- Hands-on practice in nutritional assessment and diet planning
- Role-playing and patient counselling techniques

Assessment and Certification

- Quizzes, assignments, and case study analyses after each module
- Final Examination
- Comprehensive test covering all topics
- Practical Assessment: Demonstration of nutritional assessment and diet planning

Certification

- Certificate awarded upon successful completion of the course

Learning Resources

Modules Notes

Online Resources

Access to online journals, articles, and videos

Guest Lectures

Sessions by clinical nutritionists and healthcare professionals

Internships & Placement assistance in partner Hospitals

Study Center : Hind Institute of Medical Sciences , Sitapur , Lucknow

"Elevating Nutrition Education for a Healthier Future."



Why Choose Us?

Choose us for our evidence-based curriculum, designed by leading experts in clinical and medical nutrition, ensuring the highest standard of learning. Gain hands-on expertise through practical applications and real-world case studies, equipping you with the skills to excel in specialized nutrition care. Join a network of professionals committed to advancing healthcare through cutting-edge nutrition science.



Our Vision

Our vision is to advance evidence-based clinical and medical nutrition for better healthcare outcomes. We aim to empower professionals with specialized knowledge and practical skills in therapeutic nutrition. Through education and awareness, we strive to enhance public health and disease prevention.



Our Mission

To provide high-quality education in clinical and medical nutrition, empower professionals with evidence-based skills, and promote nutrition as a key to disease prevention and better healthcare outcomes.

DEPARTMENT OF MEDICAL & CLINICAL NUTRITION



**NUTRITION COUNCIL OF INDIA
INSTITUTE OF FOOD NUTRITION & HEALTH SCIENCES**

WWW.NCI.ORG.IN