

# MEDI 7022 NUTRITIONAL ASPECTS OF ALLERGIC DISEASES

**Credit Points** 10

**Legacy Code** 401251

**Coordinator** Miriam Codarini ([https://directory.westernsydney.edu.au/search/name/Miriam Codarini/](https://directory.westernsydney.edu.au/search/name/Miriam%20Codarini/))

**Description** Dietary and nutritional aspects of allergic diseases often need consideration in patient management. This subject provides students with a detailed understanding of nutritional fundamentals and requirements especially for children and adults with food allergy. Online learning materials and case discussion facilitated by an experienced dietitian will promote essential knowledge and practical skills. Modules will provide the latest evidence on nutritional basics, weight management, diagnosis and management of food allergies and intolerances, food labelling, and early infant feeding recommendations. This content will complement the clinical experiences in the Master of Medicine (Allergic Diseases) and enhance clinical allergy practice.

**School** Medicine

**Discipline** Internal Medicine

**Student Contribution Band** HECS Band 3 10cp

Check your fees via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Postgraduate Coursework Level 7 subject

**Pre-requisite(s)** MEDI 7002 AND  
MEDI 7003 OR  
MEDI 7001

**Co-requisite(s)** MEDI 7009

## Restrictions

Students must be enrolled in Master of Medicine (Allergic Diseases). Students must be medical practitioners registered with AHPRA or the New Zealand Medical Board.

## Assumed Knowledge

A completed medical degree (MBBS, MBChB or equivalent qualification) is required and current practice as a clinician is desirable to successfully undertake this subject.

## Learning Outcomes

On successful completion of this subject, students should be able to:

1. Explore nutritional fundamentals and requirements for patients with allergic diseases.
2. Examine feeding recommendations for children with and without food allergies.
3. Determine best evidence to assess and manage nutritional aspects of allergic diseases.
4. Use evidence-based resources to enhance learning in the nutritional aspects of allergic diseases.

## Subject Content

This subject consists of four modules covering:

- Nutritional fundamentals and bone health
- weight management and The effect of Corticosteroids
- restrictive diets and supplementation, particularly for children with food allergies
- food intolerances
- food labelling
- early feeding recommendations
- evidence for food chemicals and additives causing allergy
- tests for food allergy

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/ Group Task	Mandatory
Multiple Choice	30 minutes each	S/U	N	Individual	Y
Participatio	100 words each	20	N	Individual	Y
Case Study	300 words	30	N	Individual	Y
Essay	2,000 words	50	N	Individual	Y

Teaching Periods

## 2nd Half (2024)

### Online

#### Online

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View timetable ([https://classregistration.westernsydney.edu.au/even/timetable/?subject\\_code=MEDI7022\\_24-2H\\_ON\\_2#subjects](https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=MEDI7022_24-2H_ON_2#subjects))

## 1st Half (2025)

### Online

#### Online

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