



SAUDI DIPLOMA TRAINING PROGRAM

CLINICAL NUTRITION

Final Written Examination

Examination Format:

The Saudi subspecialty fellowship and diplomas final written examination shall consist of one paper with 80-120 multiple-choice questions (single best answer out of four options). Up to 10% unscored items can be added for pretesting purposes.

Passing Score:

The passing score is 70%. If the percentage of candidates passing the examination before final approval is less than 70%, the passing score must be lowered by one mark at a time aiming at achieving 70% passing rate or 65% passing score whichever comes first. Under no circumstances can the passing score be reduced below 65%.





Blueprint Outlines:

No.	Section	Percentage
1	Diabetes and other Endocrine Disorders	10%
2	Gastroenterology and Hepatobiliary Disorders	10%
3	Hematology and Oncology	5%
4	Renal and Cardiac	10%
5	Surgical and Obesity	10%
6	Critical Illness, Sepsis and Burns	20%
7	Pediatric and Neonate Intensive Care	10%
8	Pediatric Gastroenterology Disorders	10%
9	Pediatric Endocrinology and Diabetes	10%
10	Pediatric Hematology, Oncology and Nephrology	5%
Total		100%

Note:

- All sections incorporate applied basic science assessment which includes but not limited to nutritional management of protein, carbohydrate, and lipid metabolic disorders.
- Nutrition care process (NCP) that includes assessment, nutrition diagnosis, monitoring & evaluation (ADIME).
- Indications of regular and specialized milk formulas.

1. Diabetes and other Endocrine Disorders:

- Nutrition medical therapy of pre-diabetes, diabetes (T1DM- T2DM), gestational diabetes.
- Management of long-term complications and other related diseases (cardiac and renal).
- Management of diabetic ketoacidosis, hyperglycemia and hypoglycemia.
- Micronutrients and antioxidants related to diabetic disease.
- Hypo and hyperthyroidism.





2. Gastroenterology and Hepatobiliary Disorders:

- Nutritional management for lower gastrointestinal tract disease (bowel restriction, celiac and gluten sensitivity, lactose intolerance, diarrhea and constipation, Crohn's, IBS, IBD, short bowel syndrome, colorectal cancer).
- Nutritional management for upper gastrointestinal tract diseases (esophageal surgery, gall bladder disease, Gastric and bariatric surgery, pancreatitis, peptic ulcer).
- Medical nutrition therapy for viral hepatitis, cirrhosis, alcoholic-related liver disease and its complications.
- Malnutrition, glucose alteration related to liver disease.
- Hepatorenal syndrome and osteopenia.
- Nutritional management for liver restriction, Liver tumors and transplantation.

3. Hematology and Oncology:

- Medical nutrition therapy for different types of anemia.
- Medical nutrition therapy for different types of cancer.
- Nutrition and carcinogenesis.
- Protein-energy malnutrition.
- Nutrition impact on cancer treatment.

4. Renal and Cardiac:

- Nutrition medical therapy of kidney disease stages, type of kidney stones, glomerular disease.
- Kidney and other chronic diseases (DM and cardiac).
- Nutritional management of different types of dialysis.
- Kidney transplantation.
- Medical nutrition therapy for cardiac diseases.
- Fluids and electrolytes imbalance related to cardiac renal disease.
- Related nutritional food and drug interaction.





5. Surgical and Obesity:

- Nutrition-related surgical complications and requirements.
- Medical nutrition therapy of pre- post-surgical patients.
- Medical nutrition therapy for obesity.
- Pre- and post-operative nutritional management of bariatric surgeries.
- Nutrition support and micronutrients of surgical patients.
- Obesity and malnutrition of aged patients.

6. Critical illness, Sepsis and Burns:

- Medical nutrition therapy for critical care patients
- Medical nutrition therapy for metabolic stress (Sepsis, Trauma, Burns and Wound healing)
- Macro and micro metabolism in critically ill patients.
- Micronutrients, pre-probiotics, and antioxidants in critically ill patient management.
- Fluids, electrolytes, and acid-base requirements.
- Macro metabolism in stressed or non-stressed patients.
- Protein and amino acid support.
- Food drugs interaction.

7. Pediatric and Neonate Intensive Care:

Pediatric nutritional support in children and infants in critical care: enteral nutrition, refeeding syndrome, and parenteral nutrition.

8. Pediatric Gastroenterology Disorders:

Nutritional management for gastrointestinal and liver diseases, including (failure to thrive, gastroesophageal reflux disease, celiac disease and irritable bowel disease, short bowel syndrome, malabsorption diseases, inflammatory bowel disease, ulcerative colitis and Crohn's disease, liver diseases and post-liver transplantation).





9. Pediatric Endocrinology and Diabetes:

Nutritional management includes hypoglycemia and hyperinsulinemia, hyperthyroidism and hypothyroidism.

10. Pediatric Hematology, Oncology and Nephrology:

- Nutritional management for hematology/oncology diseases.
- Nutritional management for renal diseases: nephrotic syndrome, end-stage renal disease pre- and post-dialysis and kidney transplantation.

Notes:

- Blueprint distributions of the examination may differ up to +/-5% in each category.
- Percentages and content are subject to change at any time. See the SCFHS website for the most up-to-date information.
- Research, Ethics, Professionalism, and Patient Safety are incorporated within various domains.





Suggested References:

- 1- Rolfes, S. R., Pinna, K., & Whitney, E. (2018). Understanding Normal and Clinical Nutrition (11th ed.).
- 2- Raymond, J. L., & Morrow, K. (2021). Krause and Mahan's Food & the Nutrition Care Process (15th ed.).
- 3- ASPEN Guidelines and ESPEN Guidelines.

Note:

This list is intended for use as a study aid only. SCFHS does not intend the list to imply endorsement of these specific references, nor are the exam questions necessarily taken solely from these sources.

