



BASIC NUTRITION FOR KIDNEY DISEASES SHORT COURSE

Introduction: Muhimbili Renal & Rheumatology Research Group (MR3G) is pleased to welcome interested participants to the first batch training on basic nutrition for kidney diseases short course. This course aims to equip healthcare providers with the knowledge and skills necessary for the provision of safe and quality nutritional care to patients with kidney diseases across the country

Course date and Duration: 18.05.2026 – 22.05.2026 (One week)

Course Expected Learning Outcomes

By the end of the training, the participants should be able to:

1. Explain the role of nutrition in the prevention, progression, and management of kidney disease
2. Identify the causes and consequences of malnutrition in patients with kidney diseases.
3. Perform comprehensive nutritional assessment
4. Apply validated nutrition screening and assessment tools to determine the nutritional status and nutritional risk of patients with kidney diseases.
5. Describe the nutritional requirements and daily recommended allowances of key nutrients for patients with kidney disease
6. Identify appropriate and culturally acceptable foods based on nutrient composition to meet the specific nutritional needs of patients with kidney diseases.
7. Develop individualized nutrition care plans and diet prescriptions tailored to diseases stage, comorbidities, treatment modality, and patient preferences.
8. Demonstrate effective nutrition counselling and communication skills when educating patients with kidney diseases.
9. Collaborate respectfully and professionally within the multidisciplinary healthcare team to deliver patient-centred nutritional care.

Target groups: Health care providers with a minimum qualification of a Diploma Level in nursing, nutrition, medicine and related fields.

Application procedures: All interested applicants are encouraged to send their application letter and curriculum vitae to the MR3G secretariat through the email: renalrheumaticgroup@gmail.com before **noon on 09th May. 2026.**

Tuition fee and payment procedures: All successful candidates will be required to pay 800,000/= shillings as tuition fee. This fee has to be paid one week before the date of training. Payments of fee should be made through a control number to be issued with the acceptance letter.

NB: Travelling costs and accommodation are **NOT** part of the tuition fees. Applicants will have to arrange for the said services.

Enquiries

For further information on this course, contact the course organizers using the following numbers: 0763860692 | 0696268838 | 0743623381 | 0782733643.