#### FN 455/655 Medical Nutrition Therapy

Spring 2024

**Course Description**: 4 cr. In-depth study of nutrition altered metabolism and evidenced-based medical nutrition therapy. Completion of FN 454 Medical Nutrition Therapy I and FN 457 Advanced Nutrition and Human Metabolism is required.

**Class Schedule**:

* Monday Face-to-Face Lecture 4:00-5:50pm in CPS 228
* Asynchronous lecture will be posted Wednesday

**Instructor:** Kylie DeSmet, MS, RD

 email: kdesmet@uwsp.edu

 CPS, Room 207

 **Office Hours**: Monday and Wednesday 2:00-3:30 OR Email for availability

**Texts:**

Text rental: Raymond and Morrow, eds. Krause and Mahan’s Food and the Nutrition Care Process, 15th ed. ELSEVIER, 2021.

**Library Resources:**

[*Nutrition Care Manua*l](http://metalib.wisconsin.edu:80/V/ISMGF4GG55MDA429U844XGU5S9CLSUBMBQ6XQ5XNJFXEI26MI9-36491?func=native-link&resource=UWI50170) 

The ADA Nutrition Care Manual (NCM) is a publication of the Academy of Nutrition and Dietetics. It is the preeminent source of research-based nutrition information and clinical tools available to dietitians, dietetic technicians, and other health care professionals. Full text information is available concerning the nutritional needs of various medical disorders and diseases.

Even though this is an E-Book it is actually listed among the Library Article Databases, use either: [Find article databases](http://metalib.wisconsin.edu.ezproxy.uwsp.edu/V/?func=find-db-1) ; [Browse databases A-Z](http://metalib.wisconsin.edu.ezproxy.uwsp.edu/V/?func=find-db-1-locate&mode=locate&F-WCL=&F-WPB=&F-WFL=&F-WRD=&F-WTY=Index&restricted=all) ; and the [Article databases by subject](http://library.uwsp.edu/researchpoint/categories.htm) > in the Health/Medicine and Wellness categories.

*Electronic Dietetics & Nutrition Terminology Reference Manual: Standardized Language for the Nutrition Care Process*-online; 4th ed. American Academy of Nutrition and Dietetics, Chicago, IL, 2012.

**Other Resources:**

<https://www.dmu.edu/medterms/>

**Course Objectives:**

Students will be able to:

1. Apply the nutrition care process to specific disease states.
2. Summarize pathophysiology & MNT for specific diseases
3. Select and apply appropriate strategies when presented with nutrition problems
4. Demonstrate effective use of tools for nutrition counseling and communication skills in appropriate settings
5. Apply and adapt counseling strategies based on self-evaluations and client evaluations
6. Demonstrate cultural competency in nutrition assessment and counseling

**ACEND: 2022 Standards for Didactic Programs in Nutrition & Dietetics**

KRDN 1.1 Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-

 based practice decisions.

KRDN 2.1: Demonstrate effective and professional oral and written communication and documentation.

KRDN 2.2: Describe the governance of nutrition and dietetics practice, such as the Scope of Practice for the Registered

 Dietitian Nutritionist and the Code of Ethics for the Profession of Nutrition and Dietetics.

KRDN 2.3: Assess the impact of a public policy position on nutrition and dietetics practice.

\*KRDN 2.4: Discuss the impact of health care policy and different health care delivery systems on food and nutrition

 services.

\*KRDN 2.6: Demonstrate cultural humility, awareness of personal biases and an understanding of cultural differences as

 they contribute to diversity, equity and inclusion.

KRDN 3.1: Use the Nutrition Care Process and clinical workflow elements to assess nutritional parameters, diagnose

 nutrition related problems, determine appropriate nutrition interventions and develop plans to monitor the

 effectiveness of these interventions.

\*KRDN 3.3: Demonstrate counseling and education methods to facilitate behavior change and enhance wellness for

 diverse individuals and groups.

\*KRDN 4.3: Demonstrate an understanding of the regulation system related to billing and coding, what services are

 reimbursable by third party payers, and how reimbursement may be obtained.

KRDN 5.2: Identify and articulate one’s skills, strengths, knowledge and experiences relevant to the position desired and

 career goals.

\*Competencies with an asterisk are assessed and reported to ACEND

**Society for Nutrition Education and Behavior (SNEB) Competencies for Promoting Healthy Individuals, Communities, and Food Systems**

1. **Basic Food Knowledge**

1.4: Explain how to use food labeling to evaluate the appropriateness of a food

1.5: Explain the dietary prevention of, and management approaches associated with, the major diet-related public health issues.

 **4**. **Physical Activity**

4.2: Describe the benefits of regular physical activity as a means of prevention and management of public health issues including chronic diseases.

 **5. Food and Nutrition Policy**

5.4: Describe the history and current roles of governmental and nongovernmental organizations that develop and implement nutrition education programs and related health promotion or food security activities.

 **7. Behavior and Education Theory**

7.2: Describe the major psychosocial theories of behavior and behavior change and apply them to eating behavior, and behavior change.

7.3: Describe the major theories of teaching and learning and apply them to nutrition education.

 **9. Written, Oral, and Social Medica Communication**

9.1 Communicate effectively in written, visual, and oral form, with individuals, the media, and other groups, in ways that are appropriate for diverse audiences.

9.3:   Engage and educate through simple, clear, and motivational language appropriate for diverse audiences.

 **10. Nutrition Education Research Methods**

10.1: Analyze, evaluate, and interpret nutrition education research and apply it to practice.

**LEARNING ENVIRONMENT**

Rights and Responsibilities

UWSP values a safe, honest, respectful, and inviting learning environment. The *Rights and Responsibilities* document explains how instructors and students are expected to maintain this environment. For more information go to: <http://www.uwsp.edu/stuaffairs/Pages/rightsandresponsibilities.aspx>

Academic Integrity

Academic integrity is central to the mission of higher education and dishonesty is not tolerated. Please refer to the UWSP “Student Academic Standards and Disciplinary Procedures” section of *the Rights and Responsibilities* document, Chapter 14.

<http://www.uwsp.edu/stuaffairs/Documents/RightsRespons/SRR-2010/rightsChap14.pdf>

Special Accommodations

If you require classroom and/or exam accommodations, please register with the Disability Services Office and then contact me at the beginning of the course.

http://www4.uwsp.edu/special/disability/

In-class use of electronic devices

* Cell-phones, ipods, and other electronic devices are not to be used during class. Laptop computers may be used during class only for class-related work such as note taking. You are on your honor to not access unrelated websites, play games, text message, tweet, etc. during class.

Attendance

Students should plan to attend as many classes as possible and are responsible for all information presented in class, as well as all information covered in online format during independent learning sessions. Notify the instructor by email if an absence is anticipated. If you are unable to attend class due to health status, please email the instructor, so an attempt can be made to coordinate alternative learning opportunities.

Assignments

Assignments will be graded on professionalism, appropriate grammar, use of scientific, medical or nutrition professional terminology, proper punctuation and spelling. Promptness is expected. Late assignments which have not been discussed prior to the deadline will have **5% deducted each day the assignment is late.**

**Learning Activities**

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Points** | **Objective** | **Competency Demonstrated** |
| Case Studies (2)1 oral presentation * 75 points

1 written case study* 50 points
 | 125 17% | Apply the nutrition care process to specific disease states. | KRDN: 1.1, 2.1, 3.1,  |
| Interview Evaluation (part 1)  | 507% |  Self-evaluate counseling techniques and identify areas to improve. | KRDN: 2.1, 3.3\* |
| Interview Observation/Reflection (part 2) | 253% | Apply and adapt counseling strategies based on self-evaluations. | KRDN: 2.1, 3.3\*, 5.2 |
| Counseling, Philosophy, & Assessment Self-reflection Paper   | 507% | Develop understanding of counseling philosophy | KRDN: 2.1, 2.6\*, 5.2 |
| Condition Worksheets | 125 17% | Summarize pathophysiology & MNT for specific diseases. Demonstrate calculation skills.  | KRDN: 1.1, 3.1 |
| Quizzes |  13518% | Apply information obtained during lecture and from text. | KRDN: 1.1, 2.2, 2.4\*, 2.6\*, 4.3\* |
| Exams: 3 exams, 50 points each; final exam, 75 points | 225 29% | Assess knowledge, understanding, & application of key concepts in the NCP, conditions, & MNT. | KRDN: 1.1, 2.2, 2.6\*, 3.1,  |
| Health Screening Assessments (Outside of class activity)--**TBD** | 25 | Measure blood chemistries (lipid panel and /or blood glucose) using finger pricks and current technologies and accurately explain the significance of the test results in maintaining or improving eating patterns. | KRDN 3.4 |
| Total Points | 735 |  |  |

 Of note, those taking FN 655 will have a total of 835 points

|  |  |  |  |
| --- | --- | --- | --- |
| FN 655 Nutrition Resources Project | 100 points | Identify how to conduct a literature review and apply in-depth concepts retrieved from the literature review in practice. | KRDN: 1.1, 2.1  |

\*Competencies with an asterisk are assessed and reported to ACEND

# Grading Scale

A 93-100% C+ 77-79.9%

A- 90-92.9 C 73-76.9

B+ 87-89.9 C- 70-72.9

B 83-86.9 D+ 67-69.9

B- 80-82.9 D 60-66.9

 F below 60%

|  |
| --- |
| **Spring 2024 Tentative Schedule** |
| **Week** | **Date** | **Topic** | **Readings, Videos, Exercises** | **Case Study Presentation** | **Assignment/****Quiz Due** |
| **1** | **Jan 22** | Nutrition Counseling  | **Ch. 13** |  | **Quiz 1: 1/28** |
|  | **Jan 24****Online** | Nutrition Counseling | **Ch. 13; view slides, videos** |  |  |
| **2** | **Jan 29** | Nutrition Counseling | **Ch. 13** |  | **Quiz 2: 2/4** |
|  | **Jan 31****Online** | Renal | **Ch. 34, NCM** |  |  |
| **3** | **Feb 5** | Renal | **Ch. 34, NCM** |  |  |
|  | **Feb 7****Online** | Renal | **Ch. 34, NCM** |  | **Renal Wrksht: 2/11** |
| **4** | **Feb 12** | Upper GI | **Ch. 34, NCM** | **CKD Presentation** |  |
|  | **Feb 14****Online** | Upper GI | **Ch. 26 & 27, NCM** |  | **Written Case Study: 2/18** |
| **5** | **Feb 19** | Lower GI | **Ch 26, NCM** |  |  |
|  | **Feb 21****Online** | **Exam 1 (50 points)** |  |  |  |
| **6** | **Feb 26** | Lower GI | **Ch. 27** | **GERD Presentation** | **Quiz 3: 3/3** |
|  | **Feb 28****Online** | Lower GI | **Ch. 28** |  |  |
| **7** | **Mar 4** | Hepatic | **Chapter 28, NCM** |  |  |
|  | **Mar 6****Online** | Hepatic | **Chapter 28, NCM** |  | **Interview Evaluation (part 1& 2): 3/10** |
| **8** | **Mar 11**  | Transplants | **Ch 28, NCM** |  | **Quiz 4: 3/17** |
|  | **Mar 13****Online** | Pancreatic and Gallbladder | **Ch. 33, NCM** |  |  |
|  | ***Mar 16-24*** | *SPRING BREAK* |  |  |  |
| **9** | **Mar 25** | Pulmonary | **Ch. 33, NCM** | **COPD and CF Presentation** |  |
|  | **Mar 27****Online** | **Exam 2 (50 points)** |  |  |  |
| **10** | **April 1** | Pulmonary | **Ch. 33, NCM**  |  |  |
|  | **April 3****Online** | Cancer | **Ch. 35, NCM** |  | **Pulmonary Wrksht: 4/7** |
| **11** | **Apr 8** | Cancer; HIV/AIDS | **Ch. 36** | **Lymphoma Presentation** |  |
|  | **Apr 10****Online** | Neurologic | **Ch. 39** |  | **Quiz 5: 4/14****Cancer Wrksht: 4/14** |
| **12** | **Apr 15** | Neurologic | **Ch. 39, NCM** | **Stroke and Malnutrition Presentations** |  |
|  | **Apr 17****Online** | **Exam 3 (50 points)** |  |  | **Neuro Wrksht: 4/21** |
| **13** | **Apr 22** | Critical Care | **Ch. 37, NCM** |  |  |
|  | **Apr 24****Online** | Critical Care | **Ch. 37, NCM** |  | **Counseling Philosophy Self-Reflection: 4/28**  |
| **14** | **April 29** | Burns/Nutrition Support Review | **Ch. 37, NCM** |  | **Quiz 6: 5/5** |
|  | **May 1****Online** | Anorexia/Bulimia Nervosa Psych/substance use | **Ch 21, NCM** |  |  |
| **15** | **May 6** | Wounds | **NCM** | **Anorexia/Bulimia and Dementia/wound Presentations** | **Critical Illness Wrksht: 5/10****Quiz 7 (from independent lectures): 5/10** |
|  | **May 8****Online** | TBD |  |  |  |