Medical Nutrition Therapy

FCS 5150 **Fall 2012**

Instructor: Carole Corder, MS, RD, LDN, CDE
503 N Maple St.
Effingham, Il. 61920
ccorder@sae.hshs.org
Office: 347-1346 Home phone: 345-6773

Office Hours: By appointment

Course Description: Application of the science of nutrition to the maintenance of optimum health and the role of nutrition in the prevention and treatment of disease.

Prerequisites: CHM 2430 &2435. FCS 2100, 3151 & 3755

Course Objectives: Upon completion of this course, students will be able to:

1. Use case studies and medical nutrition therapy principles to apply assessment techniques and comfort care initiatives to a variety of medical conditions.
2. Evaluate prescribed medical nutrition therapy goals for accuracy and recommend revised goals as necessary.
3. Demonstrate a working knowledge of current medical nutrition issues, such as reimbursement, alternative nutrition therapies and adaptive feeding techniques
4. Demonstrate a working knowledge of medications prescribed for various medical conditions, including purpose of use, contraindications and interactions.
5. Plan a nutrition education session for an individual with a prescribed disease state by utilizing appropriate counseling techniques.

Textbook:
Mahan, L. and Escott-Stump, S. (2008). Krause's Food, Nutrition &Diet Therapy. 12th edition. W.B. Saunders Company

Course Policies and Procedures

Attendance: You are expected to attend class and are responsible for the academic consequences of absences. If you are absent on the days when there are graded class activities, you cannot participate and therefore you will miss out on those points. Missed class activities cannot be made up regardless of the reason.

Class Preparedness: To prepare for the class you are expected to have read the assigned textbook chapters prior to each session. In addition, you are expected to come to class prepared to discuss the assigned content and strengthen your ability to apply the material.

Clinical Practice at St. Anthony's Hospital: You are expected to be at St. Anthony's Memorial Hospital and ready for class at your assigned time. Bring your MNT notebook, calculator and other tools as needed. Carpooling is highly encouraged.

Dress Code for St. Anthony's Hospital: You are expected to look professional: dress pants, skirts that fall at the knee or below, dresses that fall at the knee or below, shirts and sweaters with sleeves that cover the chest area and do not expose cleavage or excessive skin. Choose clothes that are not excessively tight and wear closed toe shoes. Hair should be clean and makeup used sparingly. Males should be clean-shaven. A clean, pressed, white lab coat is required at all times while at St. Anthony's Hospital

Exams: You are expected to be in attendance when there are exams. If for some reason you must miss an exam, the makeup exam must be completed within one week.

Assignments: Various assignments are scheduled throughout the semester. All of the assignments will be explained in the class. If you are absent, it is your responsibility to find out what assignments have been made, how they are to be prepared, and when they are due. The instructor has the right to deduct points for misbehavior.

To insure the instructor receives assignments, turn in all papers on the date that they are due. If you know you will not be able to submit an assignment when it is due, send it with someone else in the class. Possible points will be deducted by 10% for each day late. After one week late assignments will not be accepted. All assignments must be stapled with your name on the front page. Any assignment sent via email must have your name on all pages. Points will be deducted for paper clips, folded edges, missing names, etc.

Documented Disability: If you have a documented disability and wish to receive academic accommodations or services, please contact Julie or Kathy in the Office of Disability Services, at 582-6583. If you need to know where the areas of rescue assistance are located in case the building must be evacuated, please notify me.

Assignments:

1. **MNT Notebook –** Develop a notebook for use in your internship and in the clinical rotations of the MNT class. Include at least the following sections: Pertinent medical abbreviations; BMI tables and or formula; IBW formula and/or table; Enteral Product Reference Guide; Calculation guidelines for ordering Enteral/Parenteral nutrition; Frame Size calculations for using wrist, elbow breadth and height; Adjusted weight for amputations; Table of clinical findings associated with specific nutrient deficiencies; Energy requirements for various populations, including adult, infant, pediatric, pregnancy, gestational diabetes, wounds, stress/injury, other disease states; protein requirements for various populations: adults, infant, pediatrics, renal; Assessment of water and electrolyte requirements; Pertinent labs and their uses. **Submit on last day of class.**

2. MNT Case Studies – Patient case studies will be assigned throughout the semester. All case studies are due the following week. Using the Nutrition Care Process as your guide, complete a nutritional assessment for each patient, develop a nutrition diagnosis, nutrition care plan and write a note for the medical record. Use the "Guidelines forCase Studies" in preparing the written paper. Submit a hard copy per the tentativeschedule.

Each time you go to St.Anthony's you will be assigned a patient. You will review the medical record and obtain the data needed to complete the case study and write a chart note. Due the following Monday after clinicals via email.

3. Research Article Reviews – Locate a peer reviewed research article on each of the disease states covered in each case study assigned – both in class and in clinicals. Write up a synopsis of the article and explain its application for RDs.

1. All articles must be from peer-reviewed journals.
2. Articles should reflect the disease states covered in your case study. An article may be used only one time.
3. Use JADA referencing style
4. Write a 1 page Summary of the article, ½ page Personal evaluation of the article's methodology and conclusions as well as ½ page Personal reaction to the value of the article. Clearly label each section of the article review as highlighted above. Submit the summary with your case study.
5. Post the article and summary on WebCT
6. Be prepared to discuss your article in class.

4. **Nutrition Education Handout –** Select a disease state and plan, create and present to the class a visually appealing nutrition education handout. Topics cannot be duplicated. Post the handout on WebCT. Provide a hard copy.

5. **Diabetic Meal Patterns**. – Complete the assigned patterns.

6. **Exams –** There will be eight exams and a comprehensive final exam during the semester.

Possible Points	
MNT Notebook	50
MNT Case Studies	550 (11@ 50 points each)
Research Article Reviews	200 (8 @ 25 points each)
Diabetic Meal Patterns	50
Nutrition Education Handout	50
Exams	175 (7 @ 25 points each)
Final Exam	100
Total Points	**1175 points**

Grades

The final grade will be on a scale of

90-100%	A
80-89%	B
70-79%	C
60-69%	D
59% and below = F	

Tentative Semester Schedule

Week	**Date**	**Topic**	**Text Reading**
1	8/24	Welcome and Syllabus Revew Booth Library Tour Complete DI Orientation	
2	8	Nutrition Care Process Integrative Medicine and Phytotherapy ***Assign Cs Study:***	Chpt 17 Chpt 18 ***Due Monday by 4:30pm***
3.		Orientation to Clinical Practice ***St Anthony's Hospital***	
4		Exam 1 MNT for Metabolic Stress Food-Drug Interactions Nutrition Counseling and Education ***Assign Cs Study:***	 Chpt 39 Chpt 16 ***Due Monday by 4:30pm***
5		Clinical Practice ***St. Anthony's Memorial Hospital*** ***Assign Cs Study:***	 ***Due Wednesday by 4:30 pm***
6		Exam 2 MNT for Pulmonary Disease MNT for Heart Failure and Transplant Nutrition	 Chpt 35 Chpt 34

		Counseling and Education ***Assign Cs Study:***	**Due Monday by 4:30 pm**
8		Clinical Practice ***St Anthony's Memorial Hospital*** ***Assign Cs Study***	***Due Wednesday by 4:30 pm***
9		Exam 4 Diabetes Nutrition Counseling and Education ***Assign Diabetic meal patters*** ***Assign Diabetes Cs Study***	Chpt 30 ***Due Monday by 4:30 pm*** ***Due Wednesday by 4:30 pm***
10		Exam 5 Cancer HIV	Chapter 37 Chapter 38
11		Exam 6 GI Nutrition Counseling and Education ***Assign Cs Study*** ***Assign Nutrition Education Handout Assignment***	Chapter 26 &27 ***Due Monday by 4:30 pm*** ***Due 12/9***
12		Exam 7 Developmental Disabilities Genetic Metabolic Disorders ***Assign Case Study***	Chpt 45 Chpt 44 ***Due Monday by 4:30 pm***
13		Clinical Practice ***St Anthony's Memorial Hospital***	***Case Study due by Wednesday at 4:30 pm***

14		Clinical Practice St Anthony's Memorial Hospital	***Case Study due by Wednesday at 4:30 pm***
15		Present Nutrition Education Handout to class	
Final Exam			