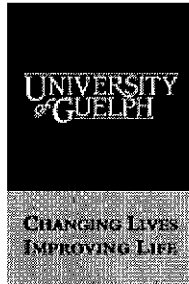


**Department of Family Relations and Applied Nutrition**



**NUTR\*4040 Clinical Nutrition II**  
**Fall 2013**  
**COURSE OUTLINE**

**Instructor**

Dr. Laura Forbes  
Office: Macdonald Stewart Hall, Room 326  
forbesl@uoguelph.ca  
Ext 52544  
Office hours: TBA

**TAs**

Nicole Bourgeois  
E-mail: nbourgeo@uoguelph.ca  
Jennifer Green  
E-mail: jgreen02@uoguelph.ca

**Lectures**

Tuesdays and Thursdays: 1:00-2:20PM, ANNU (Animal Science and Nutrition) room 156

**Course Description**

NUTR\*4040 is a continuation of NUTR\*3090. This lecture and case study based course focuses on the role of nutrition in the management and/or treatment of various diseases and conditions. Nutritional support (enteral and parenteral) and methods and mechanisms of medical nutrition therapy in catabolic, renal and gastrointestinal conditions will be emphasized. Cancer, Cystic Fibrosis and hepatic and neurological conditions will also be covered, as will ethical and professional issues in dietetic practice.

**Prerequisites**

NUTR\*3090 Clinical Nutrition I, plus 1 of BIOM\*2000 (Concepts in Human Physiology) OR BIOM\*3100 (Mammalian Physiology I) OR BIOM\*3110 (Mammalian Physiology II) OR BIOM\*3200 (Mammalian Physiology) Restriction: Registration in the B.A.Sc. AHN major

## Learning Outcomes

By the time you complete NUTR\*4040, you should be able to:

1. Create Nutrition Care Plans for patients with various conditions by A. conducting nutrition assessments, B. making nutrition diagnoses, C. planning and executing nutrition interventions (diet prescriptions, counselling or nutrition education), and D. monitoring and evaluating progress.
2. Summarize the background, etiology, pathophysiology, medical management, nutrition implications and nutrition management of various conditions including metabolic stress, chronic renal disease, selected upper and lower gastrointestinal conditions, cancer, hepatic diseases, Cystic Fibrosis and Alzheimer's Disease.
3. Demonstrate broad knowledge of common medications (classifications, modes of action, side effects, drug-nutrient interactions) prescribed to patients with the conditions outlined in #1 above.
4. Demonstrate productive teamwork and group communication skills.
5. Identify and explain common issues related to professional and ethical practice of dietetics, including knowledge of regulatory requirements relevant to the profession.

## Evaluation

Component	Due date	% of final grade
Case studies (4 graded, best 3 counted) <b>NOTE: You MUST do the Renal Case Study</b>	Throughout semester	30% (10% each)
Midterm exam - to end of renal	Thurs Oct 24, 5:00-7:00 PM (room TBA)	30% or 40%*
Final exam – from GI onwards <u>only</u> . The final exam is <b>NOT</b> cumulative.	TBA	30% or 40%*
	<b>TOTAL</b>	<b>100%</b>

\*If you score higher on the midterm than on the final, the midterm will be worth 40% and the final will be worth 30%. If you score higher on the final than on the midterm, the midterm will be worth 30% and the final will be worth 40%. In other words, the marks will be distributed to best advantage your final grade.

## Dr. Forbes' Responsibilities

I will guide you as skillfully as possible through clinical content of some "heavy duty" clinical conditions and a series of case studies. I will try to promote a positive student-centered learning environment that will progressively challenge you to develop your critical thinking, communication and application skills.

## Your Responsibilities

Come to class prepared. Reading the relevant chapter(s) in the course pack should be completed before class. *As part of a working group, each student is expected to participate fully in the team process.* Try to work out any issues amongst yourselves first, but if this is not successful, come and see me. Solving problems early will make this semester go more smoothly, so don't be shy about asking for help.

## Policies

### Email

***Please try to keep email to a minimum.*** Try to direct all questions to me during lectures or appointed office hours. However, do not hesitate to contact me if there is an emergency. Content-related questions are welcome on the course discussion board. Please do not use email to ask a question about course content, such as “how do you calculate a TPN prescription?” or “how do you determine energy requirements for renal patients?”

### When You Are Unable to Meet a Course Requirement

When you find yourself unable to meet a course requirement due to illness or compassionate reasons, please advise me in writing (email is acceptable). Where possible, this should be done in advance of the missed requirement, but otherwise, just as soon as possible after the due date, and **certainly not longer than one week later**. Appropriate written documentation of your inability to meet the course requirement is required.

### Academic Misconduct

The University of Guelph is committed to upholding the highest standards of academic integrity and it is the responsibility of all members of the University community – faculty, staff, and students – to be aware of what constitutes academic misconduct and to do as much as possible to prevent academic offences from occurring. Rules pertaining to academic misconduct can be found in the 2014-2015 Undergraduate Calendar and on the following website:

<https://www.uoguelph.ca/registrar/calendars/undergraduate/current/c08/c08-amisconduct.shtml>

University of Guelph students have the responsibility of abiding by the University's policy on academic misconduct regardless of their location of study; faculty, staff and students have the responsibility of supporting an environment that discourages misconduct. Students need to remain aware that instructors have access to and the right to use electronic and other means of detection.

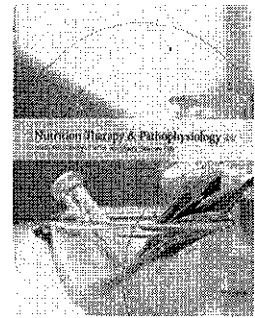
Please note: Whether or not a student intended to commit academic misconduct is not relevant for a finding of guilt. Hurried or careless submission of assignments does not excuse students from responsibility for verifying the academic integrity of their work before submitting it. Students who are in any doubt as to whether an action on their part could be construed as an academic offence should consult with a faculty member or faculty advisor.

## Resources

### Strongly Recommended

Course notes, available on courselink (electronic copy) or from Dr. Forbes (hard copy).

Nelms M, Sucher K, Lacey K, Long Roth S. Nutrition Therapy and Pathophysiology. 2<sup>nd</sup> edition. Wadsworth, Cengage Learning. Belmont CA, 2011. (Pictured at right)



A medical dictionary, try <http://www.nlm.nih.gov/medlineplus/mplusdictionary.html>.

Pharmacological database, try <http://www.nlm.nih.gov/medlineplus/druginformation.html>

### On Reserve in McLaughlin Library

Gibson RS. Principles of Nutritional Assessment, 2<sup>nd</sup> ed. New York: Oxford University Press, 2005.

Nelms M, Sucher K, Lacey K, Long Roth S. Nutrition Therapy and Pathophysiology. 2<sup>nd</sup> edition. Wadsworth, Cengage Learning. Belmont CA, 2011.

### CourseLink

On CourseLink you will find course materials (schedule; course notes; case studies), practice quizzes, the 2013 midterm and final exam (great practice!), a discussion board and your gradebook. You will also find the following resources in CourseLink; click on "Content" (on the navbar at the top) and then "Online Readings and Resources":

Abbott Nutrition. Adult Nutritional Products Guide. 2011.

Health Canada. Nutrient Value of Some Common Foods. 2008.

Steinecke R and College of Dietitians of Ontario. The Jurisprudence Handbook for Dietitians in Ontario. College of Dietitians of Ontario. Web edition, 2010.

## Online Access to American Dietetic Association Manual (free to University of Guelph AHN students!)

Simply cut and paste the following url into your browser: <http://www.nutritioncaremanual.org/>

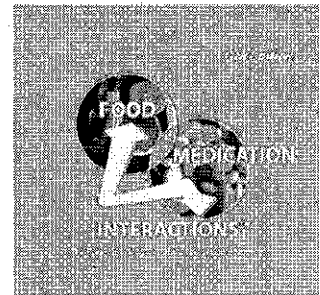
Username: [lday@uoguelph.ca](mailto:lday@uoguelph.ca)

Password: uoguelph

There is a limit of 5 users at any one time, so occasionally you may get a message that you can't get in because the 'seats' are full. It hasn't been an issue in the past, but if it does happen, wait a few moments and then try again.

If you have extra cash burning a hole in your pocket, consider purchasing the following (especially if you are headed to dietetic internship)

Pronsky ZM, Crowe JP, Elbe D, Epstein S, Roberts W, Young VSL, Ayoob K. Food Medication Interactions. Lists many medications, nutritionally-relevant side effects, interactions, effects on lab values, etc.  
<http://www.foodmedinteractions.com/>



Charney P, Malone AM. American Dietetic Association Pocket Guide to Nutrition Assessment, 2<sup>nd</sup> ed. A quick reference. The information will become out of date with time, and of course lab values are in g or mg/dL but it contains some good core information.

