

UNIVERSITY OF GUELPH

Department of Family Relations and Applied Nutrition

**NUTR*3150 Aging and Nutrition
Course Outline – Winter 2015**

INSTRUCTORS: Kimberley McComb, RD, MSc
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OFFICE HOURS: Tuesdays and Thursdays by appointment

CLASS TIME: Tuesdays and Thursdays, 4:00 – 5:20 PM, in MCKN 227

COURSE DESCRIPTION:

This course provides an in-depth study of the determinants of food intake and nutrient recommendations for aging adults. Specific consideration will be given to eating environments and physiological changes that influence access, preparation, and consumption of food by older adults living in the community and in facilities. An emphasis will be placed on chronic disease prevention and management.

PREREQUISITES: 1 of NUTR*1010, NUTR*2150, NUTR*3210

RESTRICTIONS: NUTR*2070

COURSE OBJECTIVES:

Students will be able to:

- Describe and apply methods of nutrition screening and assessment for older adults.
- Identify and prioritize client-centred goals for prevention and management of chronic disease.
- Plan client-centred nutrition interventions for older adults.
- Identify and describe relevant resources, tools and services to guide dietetic practice and support older adults and family caregivers in optimal aging.

METHOD OF EVALUATION:

Exams	Date	% of Final Grade
Midterm Exam (Content from Jan. 6 – Feb. 10 inclusive)	Thursday, February 12	30%
Final Exam (Content from Feb. 24 – Apr. 2 inclusive)	Wednesday, April 15 7:00-9:00 PM Room TBA	30%

Assignments	Date	% of Final Grade
Assignment 1 Individual assignment	Thursday, January 29	15%
Assignment 2 Guided readings: reflections and applications (group assignment)	Tuesday, March 12	25%

POLICIES:

Email etiquette: *Please try to keep email to a minimum.* We invite you to ask questions during lectures or post them on the discussion board on CourseLink. We will check the discussion board daily. Do not hesitate to email us if there is an emergency or if you would like to set up a time to meet. Although we will not have regular office hours, we are happy to meet with students individually or in small groups before or after lecture times.

Late assignments: Assignments are to be handed in during class on the due date. If you are not ready to submit your assignment in class, you will need to notify the instructor in advance. Late assignments will be deducted 10% per day.

When you cannot meet course requirements: When you find yourself unable to meet in-course requirements due to illness or compassionate reasons, please advise the course instructor in writing with name, address and e-mail contact. Where possible, this should be done in advance of the missed work or event, but otherwise, just as soon as possible after the due date, and certainly no longer than one week later. Note: if appropriate documentation of your inability to meet that in-course requirement is necessary, the course instructor, or delegate, will request it of you. Such documentation will rarely be required for course components representing less than 10% of the course grade.

Academic integrity: It is your responsibility to know and abide by rules pertaining to academic misconduct. These rules can be found in the 2014-2015 Undergraduate Calendar, and a helpful tutorial on academic integrity is available at: <http://www.academicintegrity.uoguelph.ca/>

Appeals procedure: Please refer to the 2014-2015 Undergraduate Calendar, section VIII.

Drop and add procedure: Please refer to the 2014-2015 Undergraduate Calendar, section VIII.

Accessibility: The University of Guelph welcomes feedback on accessibility issues. Feedback can be submitted online at <http://www.uoguelph.ca/accessibility/>.

REQUIRED TEXT:

Keller, H.H. Aging Well with Nutrition

Note: 1st Edition (2009) or 2nd Edition (2013) may be used

Available at the University of Guelph Bookstore

COURSE SCHEDULE:

Month	Day	Topic	Text Reading	Instructor
Jan	6	Introduction		K. McComb
	8	Theories of aging, demographics of aging	Chapter 1	
	13	Nutrient metabolism in older adults; nutrient and diet recommendations	Chapter 2	
	15			
	20	Chronic disease and aging	Chapter 4	
	22			
	27	Nutrition assessment and screening in the community	Chapter 3	
29	Nutrition assessment and electronic charting in LTC Assignment 1 Due!			
Feb	3	Community nutrition programs	Chapter 5	H. Reimer
	5	Exercise programs and healthy body weights		
	10	Promoting chronic disease self-management		
	12	Midterm		
	17	Winter Break		
	19			
	24	Review midterm, course evaluation		
	26	Medications and nutrition supplements	Chapter 5	
Mar	3	Frailty and multi-morbidity	Chapter 6	H. Reimer
	5	Family and community support		
	10	Dementia – background	Chapter 7	
	12	Dementia – prevention and management Assignment 2 Due!		
	17	Long term care – the dining environment	Chapter 8	
	19	Pressure ulcers, dehydration, and oral care		
	24	Dysphagia and artificial nutrition	Chapter 9	K. McComb
	26			
31	End of life nutrition	Chapter 10		
April	2	Review class, course evaluation		
	15	Final Exam (7:00 PM, Room TBA)		