

UNIVERSITY OF GUELPH

Department of Family Relations and Applied Nutrition

**NUTR*3150 Aging and Nutrition
Course Outline – Winter 2018**

INSTRUCTOR: Kimberley McComb, RD, MScFN
mccombk@uoguelph.ca

OFFICE HOURS: Thursdays by appointment in MINS 133E

CLASS TIME: Thursdays, 7:00 – 9:50 PM in ANNU 156

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. 11 – Feb. 8 inclusive)	Thursday, February 15 7:00-9:00 PM	30%
Final Exam (Content from Mar. 1 – Apr. 5 inclusive)	Tuesday, April 17 8:30-10:30 AM Room TBA	40%

Assignments	Date	% of Final Grade
Nutrition Education for Older Adults Individual assignment	Thursday, March 22	25%

Discussion Piece (Participation)	Date	% of Final Grade
1. Ontario's Action Plan for Seniors	February 8	1.25%
2. Medications and Supplements	March 1	1.25%
3. Family and Community support	March 8	1.25%
4. Alzheimer's Disease	March 15	1.25%

POLICIES:

Email etiquette: *Please try to keep email to a minimum.* I invite you to ask questions during lectures or post them on the discussion board on CourseLink. I will check the discussion board daily.

Do not hesitate to email me if there is an emergency or if you would like to set up a time to meet.

Although I will not have regular office hours, I'm 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 three business days. 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 2017-2018 Undergraduate Calendar, and a helpful tutorial on academic integrity is available at: <http://www.academicintegrity.uoguelph.ca/>

Appeals procedure: Please refer to the 2017-2018 Undergraduate Calendar, section VIII.

Drop and add procedure: Please refer to the 2017-2018 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/>.

SUGGESTED 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
Jan	11	Introduction	
		Theories of aging, demographics of aging	Chapter 1
	18	The physiology of aging and nutrient metabolism in older adults; nutrient and diet recommendations	Chapter 2
	25	Chronic disease and aging	Chapter 4
Feb	1	Nutrition assessment and screening in the community	Chapter 3
		Nutrition assessment and electronic charting in LTC	
	8	Discussion Piece #1- Ontario's Action Plan for Seniors	Chapter 5
		Community nutrition programs	
		Exercise programs and healthy body weights	
	15	Midterm	
22	Winter Break		
Mar	1	Review midterm	
		Discussion Piece #2- Medications and Supplements	Chapter 5
		Medications and nutrition supplements	
		Class Activity	
	8	Discussion Piece #3- Family and Community support	Chapter 5/6
		Promoting chronic disease self management	
		Family and community support	
	15	Discussion Piece #4- Alzheimer's Disease	Chapter 7
		Dementia – background, prevention and management	
	22	Individual Assignment due	
Long term care – the dining environment		Chapter 8	

		Pressure ulcers	
	29	Dysphagia and artificial nutrition	Chapter 9
April	5	End of life nutrition	Chapter 10
		Review class, course evaluation	
	17	Final Exam (8:30 -10:30 AM, Room TBA)	