

FDNS 4500
Nutrition Assessment and Intervention
Fall, 2008

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Office hours: Monday, 2:30-3:30; Thursday, 11-12

Course Description: Nutrition practice in the clinical setting, including the nutrition care process and nutrition care documentation.

Pre- or co-requisite: FDNS 4100/6100

Course objectives:

Following the completion of the course the student will be able to:

identify and describe the roles of others with whom the registered dietitian collaborates in the delivery of nutrition care services.

explain the nutrition care process of assessment, nutrition diagnosis, intervention, monitoring and evaluation as it applies to patient care.

using a case study approach, demonstrate use of critical thinking skills by evaluating dietary intake, body composition, laboratory values, medical history, socioeconomic and cultural factors, and drug nutrient interaction to identify nutrition-related problems and determine nutrition interventions.

use professional and scientific literature and evidence guidelines to make decisions on patient care.

communicate nutrition-related problems and plan of nutrition care to others using appropriate documentation methods.

describe major nutrition counseling theories and strategies used to motivate people to make dietary behavior changes.

be able to demonstrate counseling techniques to facilitate behavior change.

understand that professional dietetics practice requires continuous and lifelong acquisition of knowledge to maintain competence.

Text:

Mahan, L.K. and Escott-Stump, S. Food, Nutrition, and Diet Therapy. 12th Ed. Philadelphia: Saunders, Elsevier, 2008.

International Dietetics and Nutrition Terminology (IDNT) Reference Manual: Standardized Language for the Nutrition Care Process. Available from American Dietetic Association. \$15.00 for student members of ADA. Pocket Guide for non-members is \$50.00.

Other Resources: (Room 390, Dawson Hall)

Holli, B.B., Calabrese, R.J., and Maillet, J.O. 4th Ed. Philadelphia: Lippincott Williams & Wilkins, 2003 and Holli, B.B., Calabrese, R.J., Beto, J.A. and Maillet, J.O. 5th Ed. Philadelphia: Lippincott Williams & Wilkins, 2009 (2 editions of book). (Room 390, Dawson Hall)

Standard Medical Dictionary such as Stedman's or online resources

American Dietetic Association Pocket Guide to Nutrition Assessment. P. Charney and A. Malone, (eds.) Chicago: American Dietetic Association, 2004.

American Dietetic Association. Manual of Clinical Dietetics, 2000.

American Dietetic Association. Nutrition care of the older adult., 2nd Ed., 2004. Georgia Dietetic Association Diet Manual, 2004

Internet Resources:

American Dietetic Association website: www.eatright.org

Evidence Analysis Library: <http://www.adaevidencelibrary.com>

Body composition analysis tutorials:

https://webct.uga.edu/SCRIPT/FDNS4520JF/scripts/serve_home

CDC overweight and obesity: <http://www.cdc.gov/nccdphp/dnpa/obesity/>

Dietary Guidelines: <http://www.health.gov/dietaryguidelines/dga2005/report/>

Evidence-based practice from DHHS AHRQ:

https://webct.uga.edu/SCRIPT/FDNS4520JF/scripts/serve_home

National Institutes of Health Clinical Center Drug Nutrient Interaction Task Force:

http://clinicalcenter.nih.gov/ccc/patient_education/drug_nutrient/

Course Evaluation:

Tests: There will be two tests; one mid-term test (200 points) and a cumulative final examination (250 points)

Case studies: There will be two case studies which will include questions on medical terminology, nutrition assessment, nutrition diagnosis, nutrition intervention, monitoring and evaluation. Each will be worth 100 points.

Due Dates:

Case Study 1, September 24th

Case Study 2, October 22nd

Nutrition Counseling web based modules: These modules are designed to demonstrate general nutrition counseling techniques (50 points). Due Date: November 12

Nutrition Counseling Experience with client: You will meet with an individual who will be your "patient". Counseling will be focused on general changes in healthy eating behavior. In addition you will write a reflective statement evaluating the experience. (100 points) Due date:

December 3.

In class group discussion questions and case studies/short quizzes: (8 activities, each worth 25 points for a total of 200 points).

Short quiz dates:

August 27

September 10

September 22

October 8

Grading Scale:

A = 93 - 100%

A- = 90 - 92.9%

B+ = 87 - 89.9%

B = 83 - 86.9%

B- = 80 - 82.9%

C+ = 76 - 79.9%

C = 70 - 75.9%

D = 60 - 69.9%

F = below 60%

Academic Honesty: Assignments should be completed individually, except for in-class group discussion work. All academic work must meet the standards contained in "A Culture of Honesty." Students are responsible for informing themselves about those standards before performing any academic work. You can find more information about academic honesty at: <http://www.uga.edu/ovpi/honesty/ahs.htm>.

Attendance: It will be important for you to attend all class sessions, unless you are ill. The University Bulletin states: students are expected to attend class regularly. A student who incurs an excessive number of absences may be withdrawn from a class at the discretion of the professor. Attendance will not be included as part of the final grade. However, there are a number of activities that will have points that are class activities. If you are not here you will not receive the points for these activities.

Late adds: The university policy states "Late adds to this class will not be approved unless there is an exceptional circumstance."

Use of computers in class: You may take notes via computer in class, but these should not be used to answer e-mail or do non-class related activities during class.

Cell phones: Please turn off cell phones or anything else that could ring or beep while you are in class.

Make-up examinations: Make up examinations are only allowed for documented illness, death of a family member or jury duty. Make-up examinations will be essay examinations. Please note that the final examination time for this class has been designated as December 17th when you are planning trips with your family for the holiday break.

Use of name in class: Please let me know if you do not want me to use your name to call on you

in class by August 20, 2008.

Proposed Class Schedule

The course syllabus is a general plan for the course; deviations announced to the class by

the instructor may be necessary.

Date	Topic	Reading/Web modules	Important Due Dates
August 18	Introduction to Course Role of the registered dietitian in the health care setting	Standards of Practice for Registered Dietitian J. Am. Diet. Assoc. 2005:105;645.e1-645.e10	
August 20 – October 13	Nutrition Care Process Overview Nutrition Screening and Assessment Nutrition Diagnosis, Intervention, Evaluation Short quiz dates: August 27 September 10 September 22 October 8	Chapter 14-17, Mahan/Escott Stump Lacey, K., Pritchett, E. J. Am. Diet Assoc.2003;103:1061-1072. (Plan to bring IDNT Manual to class after 9/15)	Case Study 1: September 24th
October 15	Mid-Term Test		Mid Term Test
October 20	Nutrition Counseling: Introduction Stages of Change Assessment and Goal Setting	Chapter 5 Holli et al.	
October 22	Guest Speaker: Alice Bender Nutrition Counseling Meet in Conference Room A, University Health Center		Case Study 2 due
October 27	No class		
October 29	Nutrition Care Documentation	Chapter 17, Mahan/Escott Stump	
November 3-5	Counseling Theories and Techniques:	Web Modules on Nutrition Counseling	
November 10 -12	Motivational Interviewing Patient counseling techniques: In-class activities & discussion	Chapter 19, Mahan/Escott Stump	Web Modules must be completed by November 12
November 17-19	Behavior Modification Patient counseling techniques: In-class	Chapter 6: Holli et al.	

	activities & discussion		
November 24-26	Thanksgiving Break		
December 1-3	Patient Interviews Discussion of counseling experiences		Patient Interview and reflective paper must be completed by December 3
December 8	Review		
December 17	Final Exam, 12-3		Final Exam

Note: other readings may be assigned during semester.