

FDNS 4500
Nutrition Assessment and Intervention
Fall, 2009

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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.

use the nutrition care process to make decisions, to identify nutrition-related problems and determine and evaluate 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.

Texts (These will also be used in Spring Semester, 2010):

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

Nelms, M.N, Roth, S.L., Lacey, K. Medical Nutrition Therapy: A case study approach. 3rd Ed.

Thomson Wadsworth, 2009.

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 \$75.00.]

Other Resources: (Room 390, Dawson Hall)

Holli, B.B., Maillet, J.O., Beto, J.A. and Calabrese, R.J. Communication and Education Skills for Dietetics Professionals. 5th Ed. Philadelphia: Lippincott Williams & Wilkins, 2009.

Snetselaar, L. Nutrition Counseling Skills for the Nutrition Care Process. Sudbury, MA: Jones & Bartlett, 2009.

American Dietetic Association Pocket Guide to Nutrition Assessment. 2nd Ed. P. Charney and A. Malone, (eds.) Chicago: American Dietetic Association, 2009.

Escott-Stump, S. Nutrition and Diagnosis-Related Care. 6th ed. Philadelphia: Lippincott Williams and Wilkins, 2008.

Pronsky, ZM. Food Medication Interactions, 15th ed., Birchrunville, PA: Food Medication Interactions, 2008.

Niedert, K.C., Dorner, B., Eds. Nutrition Care of the Older Adult. 2nd Ed., American Dietetic Association, 2004.

Georgia Dietetic Association Diet Manual, 2004

Internet Resources:

American Dietetic Association website: www.eatright.org

Medical Dictionaries:

Medline Plus: <http://www.nlm.nih.gov/medlineplus/mplusdictionary.html>

Stedmans: <http://www.stedmans.com/section.cfm/45>

For online pronunciation: <http://medical-dictionary.thefreedictionary.com/>

For purchase: <http://www.tabers.com/tabersonline/ub>

Body composition analysis tutorials: <http://nutrition.uvm.edu/bodycomp/>

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

Dietary Guidelines: <http://www.health.gov/DietaryGuidelines/dga2005/toolkit/default.htm>

Evidence Based Practice:

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

Must be ADA student or regular member to access.

Evidence-based practice from DHHS AHRQ: <http://www.ahrq.gov/clinic/epcix.htm>

Drug-Nutrient Interaction Resource

<http://ods.od.nih.gov/factsheets/cc/coumadin1.pdf>

National Institutes of Health Clinical Center Drug Nutrient Interaction Task Force:
http://www.cc.nih.gov/ccc/patient_education/important_drug_food_info.html

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. You will complete these case studies independently. All work for calculations should be included on your case study. Your answers should be concise, legible (word processing preferred), and written in your own words. DO NOT copy and paste large chunks of information from the internet into your case study. All supporting documents, such as a nutrient analysis should be included. Be sure to staple all pages together. Each case study will be worth 100 points.

These are individual assignments. No two assignments completed by different individuals should have the same wording (unless there is a specific definition from the text or readings that is quoted). Identical or near identical wording of work suggests that two individuals have worked together on the project, one person copied the work of the other person or that both individuals copied from a similar document. This violates the honesty policy of the University of Georgia.

Due Dates:

Case Study 1, September 28th

Case Study 2, October 26th

Nutrition Counseling web based modules: These modules from Purdue University, are designed to demonstrate general nutrition counseling techniques (50 points). I will give you instructions and will log you into the system on November 2. Modules must be completed no later than November 16th.

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. Your experience will be evaluated by the person you counsel. In addition you will write a reflective statement evaluating the experience. (100 points) Due date: December 2.

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

Four short quizzes will be given at the beginning of class during the first part of the semester. Quiz content will be on lecture from the previous two weeks and/or reading assignments. Make-up quizzes will not be available. If you arrive late, you will not be allowed to take the quiz since this holds up the entire class.

Short quiz dates:

August 26

September 9

September 23

October 7

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.

Communication: This class is available on WebCT. Please check the e-mail and announcements for this class at least by 8:00 AM the morning of each class. I post slides before class. I do not supply notes from my lectures.

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 should not be used to answer e-mail, check facebook or do non-class related activities during class.


Cell phones: Please turn off cell phones 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 16th when you are planning trips with your family for the holiday break.

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
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August 17	Introduction to Course Role of the registered dietitian in the health care setting	Standards of Practice for the Registered Dietitian J. Am. Diet. Assoc. 2008;108: 1538-1542 (including appendix)	
August 19 – October 12	Nutrition Care Process Overview Nutrition Screening Nutrition Assessment Dietary Intake Medical History Social History Anthropometrics Laboratory Data Physical Assessment Linking Nutrition Problems (Diagnosis) with goals, intervention and assessment	Chapter 14-17, Mahan/Escott Stump Lacey, K., Pritchett, E. J. Am. Diet Assoc. 2003; 103: 1061-1072. University of Vermont Body Composition Analysis Modules http://nutrition.uvm.edu/bodycomp (Plan to bring IDNT Manual to class after 9/14)	Short quiz dates: August 26 September 9 September 23 October 7 Case Study 1: Due September 28th
October 14	Mid-Term Test		Mid Term Test
October 19	Nutrition Care Documentation	Chapter 17, Mahan/Escott Stump	
October 21	Guest speaker: Kim Hunter, Clinical Nutrition Manager, St. Mary's Hospital		
October 26	Nutrition Counseling		Case Study 2 due
October 28	Nutrition Counseling		
November 2-4	Counseling Theories and Techniques: In class activity & discussion.	Purdue Web Modules on Nutrition Counseling assigned	Web Modules must be completed by November 16
November 9-11	Motivational Interviewing Patient counseling techniques: In-class activities & discussion	Chapter 19, Mahan/Escott Stump	
November 16-18	Behavior Modification Patient counseling techniques: In-class activities & discussion	Chapter 6: Holli et al.	
November 23-25			

Nov 30-Dec. 2 (Nov. 30, no class)	Patient Interviews Discussion of counseling experiences		Patient Interview must be completed by December 2
December 7	Review		
December 16	Final Exam, 12-3		Final Exam