



**The University of British Columbia
Food, Nutrition and Health
FNH 470 Foundations of Nutrition Care I
Sept – Dec 2016**



Photo credit : Nelms, Sucher and Roth, 2016

INSTRUCTOR: Claire Tugault-Lafleur, PhD(c), MA, RD

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OFFICE HOURS: By appointment

CLASS TIME AND LOCATION: Tuesday and Thursday, from 14:05-15:25, Orchard Commons Building, room 3074

TA: Sarah Montgomery, MSc(c), RD

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PREREQUISITES: FNH 350, FNH 351, FNH 370, FNH 371, CAPS 301

COURSE DESCRIPTION: This course examines the etiology and pathophysiology of selected diseases and conditions, and the application of the Nutrition Care Process (NCP) to implementing and managing nutrition therapy. Knowledge of basic human physiology is essential for this course (e.g. CAPS 301). Diseases explored in this course include hematological disorders (nutritional anemias), enteral and parental nutrition support, respiratory and gastrointestinal disorders, diabetes, cardiovascular disease and metabolic syndrome. Students will participate in a variety of applied learning opportunities including clinical cases built around the Nutrition Care Process (NCP) and competencies for dietetic education assigned for each content area.

CLASS FORMAT: The format for this course will be 2 x 80 minute meetings each week. Learning in this course is supported by the completion of problem-based case-studies focused on Medical Nutrition Therapy (MNT) for different diseases across the lifespan, in-class two stage examinations, classes run by dietitians in practice, viewing multi-media resources, interactive group-based in-class activities, and reading selected materials.

LEARNING OUTCOMES: On completion of this course, students should be able to:

1. Describe the etiology and pathophysiology of select diseases including the nutritional anemias, select respiratory and gastro-intestinal disorders, diabetes, cardiovascular disease, and metabolic syndrome.
2. Describe and apply the Nutrition Care Process (NCP) and its application to nutrition therapy of selected diseases and conditions.
3. Apply knowledge of nutrition support including knowledge of special nutritional products, their composition and appropriate application to the provision of nutritional care.
4. Describe the applications, side effects and potential nutrient-drug interactions for nutritionals, commonly used medications and complementary and alternative therapies.

5. Demonstrate an understanding of the role and scope of the dietitian in the delivery of nutrition care in various health care settings.
6. Consistently demonstrate professional practice, communication and collaboration skills.

EVALUATION

Evaluation Items	Due Date	Percent of Final Grade
<i>Problem-based Case Studies (CS)</i>		
1. Chronic Obstructive Pulmonary Disease (COPD) requiring enteral nutrition support (CS#27 in Nelms & Roth 2016)	Sept 29	10%
2. Ulcer Disease: medical and surgical treatment (CS#9 in Nelms 5 th Ed.)	Oct 18	10%
3. Inflammatory Bowel Disease: Crohn's disease (CS#12 in Nelms 5 th Ed.)	Oct 27	10%
4. Adult Type 2 Diabetes Mellitus: Transition to Insulin (CS#18 in Nelms 5 th Ed.)	Nov 15	10%
5. Myocardial infarction (MI) (CS#5 in Nelms 5 th Ed.)	Nov 29	10%
<i>In-class, two-stage exams</i>		
1. Nutrition assessment, nutritional anemias, COPD and enteral nutrition support	Oct 4	15%
2. Gastro-intestinal disorders, GI surgery and parental nutrition support	Nov 3	15%
3. Diabetes, cardiovascular disease and obesity	Dec 1	15%
<i>iEthics activity: Inter-professional ethical decision making(Q3)</i>	Oct 28, 2-4pm	5%
Total		100%

PROBLEM-BASED CASE STUDIES: In groups of 2-3 individuals, students will work on 5 case-study assignments based on the book by Nelms and Roth (5e) Medical Nutrition Therapy – A Case Study Approach. Students must remain in the same groups throughout the term. I expect students to work collaboratively on each of the case-studies as these are critical skills building towards internship. A word copy of these assignments will be posted on Connect. These assignments must be completed and submitted **at noon on the due date indicated above** in the course evaluation table. Late submissions will **not** be accepted since we will be reviewing these in class on their due date as a way of preparing the in-class examinations.

IN-CLASS, TWO-STAGE EXAMINATIONS: These tests will focus on synthesizing and applying concepts related to the etiology, pathophysiology, and applications of the medical nutrition therapy for selected diseases. These examinations may include multiple choice questions, true/false (correct the false) questions, matching questions, and short answer questions. These

examinations are close-book. Students will first complete individually these examinations for the first 55 minutes. They will then be grouped into small groups to address a sub-group of questions and re-submit their answers as a group (25 min). The individual component of the exam will count for 80% of their total marks and the group component count for 20% of their total mark. There is no final exam for this course.

COMPLETION OF AN IETHICS WORKSHOP: Inter-professional ethical decision-making is online and face-to-face learning activity offering students an exposure to complex clinical cases that center on quality of life and end of life care. Students will need to register for a session through the Inter-Professional Ethics (IPE) Passport. There is a face-to-face workshop which requires students some online learning (~30 min) prior to coming to the workshop. Once completed, certificates are to be uploaded into Connect to receive the 5% grade. More information can be found here: <https://elearning.health.ubc.ca/course/info.php?id=28>

COURSE LINKAGE TO ICDEP: This course, like all required courses in the Dietetics Major, contributes to coverage of the *Integrated Competencies for Dietetic Education and Practice (ICDEP)*. All students in the Dietetics Major should refer to the [Mapping of Curriculum to ICDEP](#) page on the dietetics website to familiarize themselves with the requirements.

REQUIRED TEXTBOOKS:

1. Nelms, M, Sucher, Lacey and Roth. **Nutrition and Pathophysiology** (3e) 2016. Cengage Learning.
2. Nelms M. **Medical Nutrition Therapy – A Case Study Approach**. Thompson Books. 2017 (5e).
3. **Diet Analysis Software** is required to complete the case studies.

UBC CONNECT: Class notes are posted in advance of class. Guest lecture notes will be posted as soon as available. Additional Readings specified throughout the term posted on UBC Connect Library Tab are provided for further enrichment and to broaden understanding beyond lecture notes, text, case studies and guest presentations, students are encouraged to read supplemental material posted on the UBC Connect.

PLAGIARISM AND ACADEMIC MISCONDUCT: Plagiarism is using someone else's thoughts or publications, and presenting them as one's own, without citing the source. Students must ensure that when they seek assistance from a tutor or anyone else that the work they submit is actually their own. **Students** are responsible for ensuring that any work submitted does not constitute plagiarism. Students who are in any doubt as to what constitutes plagiarism should consult their instructor before handing in any assignments. Many resources are available at UBC to help you avoid plagiarism. For more information, visit:

<http://toby.library.ubc.ca/subjects/subjpage2.cfm?id=673>

More information on academic integrity and tips on how to avoid plagiarism are available here:

<http://learningcommons.ubc.ca/resource-guides/avoiding-plagiarism/>

Penalties can range from giving a failing grade to suspension from the university, depending on the severity of the plagiarism. For more information, see:

<http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,54,111,959>

COURSE SCHEDULE
September – December 2016

Date	Topic	Readings	Evaluation
Thurs, Sept 8	Unit 1: the Nutrition Care Process (NCP) & Nutrition Assessment Course introduction, introduction to the Nutrition Care Process (NCP)	Nelms Ch.1, 2 & 4	
Tues, Sept 13	Unit 1: the Nutrition Care Process (NCP) & Nutrition Assessment Nutrition screening and assessment, establishing energy, protein and fluid requirements	Nelms Ch.3, 7, 12 (p.250-258), Primers of nutritional assessment	
Thurs, Sept 15	Unit 1: the Nutrition Care Process (NCP) & Nutrition Assessment Fluid and electrolyte balance, acid-base balance and nutritional anemias	Nelms Ch. 7, 8 & 19 (p.569-584), Primers: Assessment of Nutritional anemias	
Tues, Sept 20	Unit 2: Respiratory diseases Chronic Obstructive Pulmonary Disease (COPD) and other respiratory disorders	Nelms Ch. 21 (p.644-651)	
Thurs, Sept 22	Unit 3: Enteral Nutrition Support Introduction to enteral nutrition support – assessment and intervention	Nelms Ch. 5, p. 88-103; Chen and Patterson <i>Nutr Clin Prac</i> 2009;24:344	
Tues, Sept 27	Unit 3: Enteral nutrition support Guest lecture: Jan Greenwood, RD		
Thurs, Sept 29	Review CS#1, applied activities, Q&A for examination #1		CS#1: COPD requiring nutrition support
Tues, Oct 4	Exam #1 covering units 1-3		Exam #1
Thurs, Oct 6	Unit 4: Nutrition therapy for Upper GI Diseases Oral, dental health & disorders of the esophagus	Nem's Ch.14 (p.342-357, 362-375)	
Tues, Oct 11	Unit 4: Nutrition therapy for Upper GI Diseases Gastritis, nausea & vomiting, Peptic Ulcer Disease (PUD), gastric surgeries, dumping syndrome, gastroparesis	Nelm's Ch.14 (p.342-378)	
Thurs, Oct 13	Unit 5: Nutrition therapy for Lower GI Diseases and TPN Diarrhea, constipation, inflammatory bowel diseases (Crohn's & Ulcerative Colitis)	Nelm's Ch.15 (p.420-436)	
Tues, Oct 18	Unit 5: Nutrition therapy for Lower GI Diseases and TPN	Nelms Ch. 5, p.103-114	CS#2: Ulcer Disease

	Review CS#2; Introduction to parental nutrition support		
Thurs, Oct 20	Unit 5: Nutrition therapy for Lower GI Diseases and TPN Parental nutrition support in pediatrics: Clinical scenarios and applications Guest lecture: Parveen Hastings, RD, CNSC		
Tues, Oct 25	Unit 5: Nutrition therapy for Lower GI Diseases and TPN Short Bowel Syndrome (SBS), Ostomies, Celiac disease Guest lecture: Kirsten Wingate, RD	Nelms Ch. 15 (p.405-412)	
Thurs, Oct 27	Review CS#3, Irritable Bowel Syndrome (IBS) and FOODMAPS, probiotics Guest lecture: Gelina Berg, RD		CS#3: Crohn's disease
Friday Oct 28	Completion of the iEthics workshop: Inter-professional decision-making		
Tues, Nov 1	Unit 6: Nutrition Therapy for Diabetes Introduction to diabetes, etiology, pathophysiology and diagnosis, nutrition interventions & introduction to carb counting Q & A for exam #2	Nelms Ch.17 (p.469-510)	
Thurs, Nov 3	Exam #2 covering units 4 - 5		Exam #2
Tues, Nov 8	Unit 6: Nutrition Therapy for Diabetes Diabetes T1 – nutrition interventions, monitoring and evaluation in pediatrics (practice with carb counting and meal plans) Guest lecture: Asia Miazga, RD, CDE?		
Thurs, Nov 10	Unit 6: Nutrition Therapy for Diabetes Diabetes T2 (nutrition intervention, monitoring and evaluation) (cont'd), Gestational Diabetes	Nelms Ch.17	
Tues, Nov 15	Review CS#4; Unit 7: Nutrition Therapy for Cardiovascular Diseases Atherosclerosis, dyslipidemias, CVD and hypertension: pathophysiology, assessment and diagnosis	Nelms Ch. 13	CS#4: T2 diabetes in the adult
Thurs, Nov 17	Unit 7: Nutrition Therapy for Cardiovascular Diseases Atherosclerosis, dyslipidemias, CVD and hypertension: dietary interventions and monitoring, clinical scenarios and applications	Nelms Ch. 13	
Tues, Nov 22	Unit 7: Nutrition Therapy for Cardiovascular Diseases NCP for heart failure, heart transplant: the NCP, clinical applications Guest lecture: Sinead Feeney, MSc, RD	Nelms Ch. 13	
Thurs, Nov 24	Unit 8: Nutrition Therapy for obesity and		

	metabolic syndrome Treatment options and management Guest lecture: Heather Woodward, RD Veronica Kacinik, RD		
Tues, Nov 29	Review CS#5; Interactive discussion, applied activities and Q&A for exam #3		CS#5: CVD and MI
Thurs, Dec 1	Exam #3 covering units 6 - 8		Exam #3
No Final Exam! ☺☺ Happy Holidays!			