#### FN 455/655 Medical Nutrition Therapy

Spring 2023

**Course Description**: 4 cr. In-depth study of nutrition altered metabolism and evidenced-based medical nutrition therapy. Completion of FN 454 Medical Nutrition Therapy I and FN 457 Advanced Nutrition and Human Metabolism is required.

**Class Schedule**:

* Monday Face-to-Face Lecture 4:00-5:50pm in SCI D314
* Asynchronous lecture will be posted Wednesday

**Instructor:** Kylie DeSmet, MS, RD

email: [kdesmet@uwsp.edu](mailto:kdesmet@uwsp.edu)

CPS, Room 207

**Office Hours**: Monday and Wednesday 2:00-4:00 OR Email for availability

**Texts:**

Text rental: Raymond and Morrow, eds. Krause and Mahan’s Food and the Nutrition Care Process, 15th ed. ELSEVIER, 2021.

**Library Resources:**

[*Nutrition Care Manua*l](http://metalib.wisconsin.edu:80/V/ISMGF4GG55MDA429U844XGU5S9CLSUBMBQ6XQ5XNJFXEI26MI9-36491?func=native-link&resource=UWI50170) Icon: fulltext

The ADA Nutrition Care Manual (NCM) is a publication of the Academy of Nutrition and Dietetics. It is the preeminent source of research-based nutrition information and clinical tools available to dietitians, dietetic technicians, and other health care professionals. Full text information is available concerning the nutritional needs of various medical disorders and diseases.

Even though this is an E-Book it is actually listed among the Library Article Databases, use either: [Find article databases](http://metalib.wisconsin.edu.ezproxy.uwsp.edu/V/?func=find-db-1) ; [Browse databases A-Z](http://metalib.wisconsin.edu.ezproxy.uwsp.edu/V/?func=find-db-1-locate&mode=locate&F-WCL=&F-WPB=&F-WFL=&F-WRD=&F-WTY=Index&restricted=all) ; and the [Article databases by subject](http://library.uwsp.edu/researchpoint/categories.htm) > in the Health/Medicine and Wellness categories.

*Electronic Dietetics & Nutrition Terminology Reference Manual: Standardized Language for the Nutrition Care Process*-online; 4th ed. American Academy of Nutrition and Dietetics, Chicago, IL, 2012.

**Other Resources:**

<https://www.dmu.edu/medterms/>

**Course Objectives:**

Students will be able to:

1. Apply the nutrition care process to specific disease states.
2. Summarize pathophysiology & MNT for specific diseases
3. Select and apply appropriate strategies when presented with nutrition problems
4. Demonstrate effective use of tools for nutrition counseling and communication skills in appropriate settings
5. Apply and adapt counseling strategies based on self-evaluations and client evaluations
6. Demonstrate cultural competency in nutrition assessment and counseling

**ACEND: 2022 Standards for Didactic Programs in Nutrition & Dietetics**

KRDN 2.4: Discuss the impact of health care policy and different health care delivery systems on food and nutrition services.

KRDN 2.6: Demonstrate cultural humility, awareness of personal biases and an understanding of cultural differences as they contribute to diversity, equity and inclusion.

KRDN 3.3: Demonstrate counseling and education methods to facilitate behavior change and enhance wellness for diverse individuals and groups.

KRDN 4.3: Demonstrate an understanding of the regulation system related to billing and coding, what services are reimbursable by third party payers, and how reimbursement may be obtained.

**LEARNING ENVIRONMENT**

Rights and Responsibilities

UWSP values a safe, honest, respectful, and inviting learning environment. The *Rights and Responsibilities* document explains how instructors and students are expected to maintain this environment. For more information go to: <http://www.uwsp.edu/stuaffairs/Pages/rightsandresponsibilities.aspx>

Academic Integrity

Academic integrity is central to the mission of higher education and dishonesty is not tolerated. Please refer to the UWSP “Student Academic Standards and Disciplinary Procedures” section of *the Rights and Responsibilities* document, Chapter 14.

<http://www.uwsp.edu/stuaffairs/Documents/RightsRespons/SRR-2010/rightsChap14.pdf>

Special Accommodations

If you require classroom and/or exam accommodations, please register with the Disability Services Office and then contact me at the beginning of the course.

http://www4.uwsp.edu/special/disability/

In-class use of electronic devices

* Cell-phones, ipods, and other electronic devices are not to be used during class. Laptop computers may be used during class only for class-related work such as note taking. You are on your honor to not access unrelated websites, play games, text message, tweet, etc. during class.

Attendance

Students should plan to attend as many classes as possible and are responsible for all information presented in class, as well as all information covered in online format during independent learning sessions. Notify the instructor by email if an absence is anticipated. If you are unable to attend class due to health status, please email the instructor, so an attempt can be made to coordinate alternative learning opportunities.

Assignments

Assignments will be graded on professionalism, appropriate grammar, use of scientific, medical or nutrition professional terminology, proper punctuation and spelling. Promptness is expected. Late assignments which have not been discussed prior to the deadline will have **5% deducted each day the assignment is late.**

**Learning Activities**

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| **Activity** | **Points** | **Description** | **Objective** |
| Case Studies (2)  1 oral presentation   * 75 points   1 written case study   * 50 points | 125  17% | The case studies are found in *Nelms Medical Nutrition Therapy: a Case Study Approach*. The purpose of the case studies is to increase critical thinking skills and identify appropriate disease-specific nutrition interventions. See Canvas Case Study Assignments under content assignments. | Apply the nutrition care process to specific disease case studies. |
| Interview Evaluation (part 1) | 50  7% | The interview evaluation consists of evaluating a video recording of you conducting a mock interview with another student. You will work in groups to complete this assignment. See Canvas for grading rubric and further instructions. | Self-evaluate counseling techniques and identify areas to improve. |
| Interview Observation/Reflection (part 2) | 25  3% | Evaluate interview techniques, how you could use nutrition counseling techniques in the field and how you can apply them to the NCP. | Apply and adapt counseling strategies based on self-evaluations. |
| Counseling, Philosophy, & Assessment Self-reflection Paper | 50  7% | This activity consists of 3 parts:  1. Increase understanding counseling techniques  2. Assessment of client during interview session  3. Description of own counseling philosophy  See Canvas for grading rubric & instructions. | Develop counseling philosophy |
| Condition Worksheets | 125  17% | The purpose of the worksheets is to build understanding for ADIME in a specific condition. It may be used in your internship for reference. | Summarize pathophysiology & MNT for specific diseases. Demonstrate calculation skills. |
| In class activities, participation, lecture quizzes | 135  18% | Quizzes and activities contain questions related to specific conditions. Counseling activities allow observance and practice in class setting. Activities will be provided in class unless otherwise stated during class. | Apply information obtained during lecture and from text. Apply counseling techniques. |
| Exams: 3 exams, 50 points each; final exam, 75 points | 225  29% |  | Assess knowledge, understanding, & application of key concepts in the NCP, conditions, & MNT. |
| Total Points | 735 |  |  |

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| **Percent** | **Letter Grade** |
| 93-100 | A |
| 90-92 | A- |
| 87-89 | B+ |
| 83-86 | B |
| 80-82 | B- |
| 77-79 | C+ |
| 73-76 | C |
| 70-72 | C- |
| 67-69 | D+ |
| 63-66 | D |
| 60-62 | D- |
| <59 | F |

\*Of note, those taking FN 655 will have a total of 835 points

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| FN 655 Nutrition Resources Project | 100 points | A nutrition resource will be created for your future patients to utilize. You will retrieve evidenced based literature and evaluate how to deliver this information in terms the general public can easily understand. | Identify how to conduct a literature review and apply in-depth concepts retrieved from the literature review in practice. |

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| **Spring 2023 Tentative Schedule** | | | | | |
| **Week** | **Date** | **Topic** | **Readings, Videos, Exercises** | **In Class Activity/Case presentation** | **Assignment/**  **Quiz Due** |
| **1** | **Jan 23** | Nutrition Counseling | **Ch. 13** |  | **Quiz 1: 1/29** |
|  | **Jan 25**  **Online** | Nutrition Counseling | **Ch. 13; view slides, videos** |  |  |
| **2** | **Jan 30** | Nutrition Counseling | **Ch. 13** | **Open-ended ? & MI activities** | **Quiz 2: 2/5** |
|  | **Feb 1**  **Online** | Renal | Motivational Interviewing |  |  |
| **3** | **Feb 6** | Renal | **Ch. 34, NCM** | **CKD Presentation** | **Renal Wrksht: 2/12** |
|  | **Feb 8**  **Online** | Renal | **Ch. 34, NCM** |  |  |
| **4** | **Feb 13** | Upper GI | **Ch. 34, NCM** |  | **Written Case Study: 2/19** |
|  | **Feb 15**  **Online** | Upper GI | **Ch. 26 & 27, NCM** |  |  |
| **5** | **Feb 20** | Lower GI | **Ch 26, NCM** |  |  |
|  | **Feb 22**  **Online** | **Exam 1 (50 points)** |  |  |  |
| **6** | **Feb 27** | Lower GI | **Ch. 27** | **IBD Presentation** | **Quiz 3: 3/5** |
|  | **Mar 1**  **Online** | Lower GI | **Ch. 28** |  |  |
| **7** | **Mar 6** | Hepatic | **Chapter 28, NCM** |  | **Interview Evaluation (part 1& 2): 3/12** |
|  | **Mar 8**  **Online** | Hepatic | **Chapter 28, NCM** |  |  |
| **8** | **Mar 13** | Transplants | **Ch 28, NCM** |  | **Quiz 4: 3/19** |
|  | **Mar 15**  **Online** | Pancreatic and Gallbladder | **Ch. 33, NCM** |  |  |
|  | ***Mar 18-26*** | *SPRING BREAK* |  |  |  |
| **9** | **Mar 27** | Pulmonary | **Ch. 33, NCM** | **COPD and CF Presentation** | **Counseling Philosophy Self-Reflection: 4/2** |
|  | **Mar 29**  **Online** | **Exam 2 (50 points)** |  |  |  |
| **10** | **April 3** | Cancer | **Ch. 33, NCM** |  |  |
|  | **April 5**  **Online** | Cancer | **Ch. 35, NCM** |  |  |
| **11** | **Apr 10** | Cancer; HIV/AIDS | **Ch. 36** | **Lymphoma Presentation** | **Pulmonary Wrksht: 4/14**  **Quiz 5: 4/16**  **Cancer Wrksht: 4/16** |
|  | **Apr 12**  **Online** | Neurologic | **Ch. 39** |  |  |
| **12** | **Apr 17** | Neurologic | **Ch. 39, NCM** | **Stroke Presentation** | **Neuro Wrksht: 4/23** |
|  | **Apr 19**  **Online** | **Exam 3 (50 points)** |  |  |  |
| **13** | **Apr 24** | Critical Care | **Ch. 37, NCM** |  |  |
|  | **Apr 26**  **Online** | Critical Care | **Ch. 37, NCM** |  |  |
| **14** | **May 1** | Burns/Nutrition Support Review | **Ch. 37, NCM** | **EN/PN review** | **Quiz 6: 5/7** |
|  | **May 3**  **Online** | Anorexia/Bulimia Nervosa  Psych/substance use | **Ch 21, NCM** |  |  |
| **15** | **May 8** | Wounds | **NCM** | **Anorexia/Bulimia Presentation** | **Critical Illness Wrksht: 5/12**  **Quiz 7 (from independent lectures): 5/12** |
|  | **May 10**  **Online** | Anemia | **Ch. 31** |  |  |