

**HDFN 425
MEDICAL NUTRITION THERAPY I
DEPARTMENT OF HEALTH & HUMAN DEVELOPMENT
FALL SEMESTER 2007**

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OFFICE HOURS: Wednesday 1-2:00; Thursday 10-12
CLASS HOURS: T/R 8:00-9:15 Herrick Hall 117
PREREQUISITES: HDFN 401

CATALOG DESCRIPTION:

Examination of metabolic and physiological changes in selected conditions and implications for medical nutrition therapy.

REQUIRED TEXTS and/or MAJOR REFERENCES:

- A. Nelms M, Sucher K, Long S. Nutrition Therapy and Pathophysiology. 1st ed. Belmont, CA: Thomson Brooks/Cole, 2007.
- C. ADA pocket guide to nutrition assessment. Eds: Charney P, Malone A. Chicago, IL: American Dietetic Association, 2004.
- D. Pronskey ZM. Food Medication Interactions. 14th ed. Birchrunville, PA: Food-Medication Interactions, 2006.
- E. Morrison G, Hark L. Medical Nutrition & Disease, 3rd ed., Blackwell Science, Malden, MA, 2004.
- F. Nelms MN, Anderson SL. Medical Nutrition Therapy; A Case Study Approach 2nd ed., Wadsworth/Thomson Learning, 2004.
- G. Nutrition Diagnosis: A Critical Step in the Nutrition Care Process. 2nd ed. Chicago, IL: American Dietetic Association.

Additional readings will be posted on the Renne Library Ereserves.

You will need to purchase a **small, basic calculator** to be used on quizzes and exams. It can only have arithmetic capabilities. It needs to be similar to the ones you used last spring. You will not be allowed to use the large, extensive calculators that you are accustomed to using.

Unless otherwise instructed, please staple all assignments. I recommend that you purchase a small **stapler** to keep in your bag. Non-stapled assignments will not be accepted.

HEALTH TEST:

If you have not already done so, you will need to begin your Hepatitis B series (there are 3 shots; you need >3 months to complete). You can do this at the Student Health Center. You will need to submit proof/documentation of these shots to complete HDFN 426 (Medical Nutrition Therapy II). You will need to submit documentation of the TB test and the Hepatitis B series by the end of the December 2007. If you do not submit proof of these vaccinations by that time, you will NOT receive a passing grade in HDFN 425. My recommendation is that you begin this now and not wait until the last minute.

Foundation knowledge and skills.

As a result of the lectures, assignments, quizzes, case studies, and the clinical rotation the students will have knowledge of or demonstrate the ability to:

Communication:

- Demonstrate the ability to document nutritional assessments and nutrition healthcare plans with the medical nutrition therapy team and professionals during case studies, exams and clinical observations.
- Demonstrate the ability to communicate with peers, faculty, supervisors, subordinates and/or clients using effective written and verbal communication skills in the field of medical nutrition therapy.
- Develop knowledge and demonstrate the ability to interview clients.
- Demonstrate the ability to counsel clients on nutrition as part of the nutritional care plan.
- Demonstrate the ability to utilize a variety of documentation methods for charting nutrition assessment information.
- Demonstrate the ability to utilize current information technologies to assess information and nutrition assessment computer software programs to analyze dietary intakes of clients in case studies.
- Develop knowledge and begin developing skills necessary to work effectively as a team member in an out-patient setting.

Physical and Biological Sciences:

- Develop knowledge of pathophysiology related to nutrition care.
- Demonstrate knowledge of fluid and electrolyte requirements needed by clients with various medical disorders.
- Demonstrate knowledge of pharmacology: nutrient-nutrient and drug-nutrient interactions.
- Demonstrate the ability to interpret medical terminology through case studies.
- Demonstrate the ability to interpret laboratory results relating to nutrition.

Research:

- Develop a basic understanding of medical nutrition therapy outcomes based research.

Food:

- Demonstrate knowledge of the role of food in the promotion of a healthy lifestyle as a component of case study responses.
- Demonstrate the ability to calculate and interpret nutrient composition of foods as part of the nutritional assessment process.
- Demonstrate the ability to translate nutrition needs of case study patients to menus.

Nutrition:

- Develop an understanding of alternative nutritional methods and herbal therapies used for medical nutrition therapy.
- Develop an understanding of the evolving methods of assessing the health and nutritional status of clients.
- Demonstrate the ability to determine nutritional requirements of clients based on age, growth, normal development and health conditions.
- Demonstrate the knowledge of nutrition and metabolism and how it relates to various health conditions.
- Through the nutritional assessment process the students will develop knowledge of the assessment process and treatment for a client.

- Understand the various medical nutrition therapy diets and special nutritional products available.
- Demonstrate knowledge of how socioeconomic, cultural and psychological factors influence one's food and nutrition behaviors.
- Demonstrate the ability to calculate and/or define diets for various common health conditions.
- Demonstrate the ability to screen clients for nutritional risk in case studies and an out-patient setting.
- Demonstrate the ability to collect and compile pertinent health information from the medical files or through patient interviews for a comprehensive nutritional assessment in the hospital setting.
- Through the assessment process determine the nutrient requirements across the lifespan.
- Demonstrate the ability to measure, calculate and interpret body composition data as part of the nutritional assessment process.
- Demonstrate the ability to calculate enteral and parenteral nutrition formulations.

Health Care:

- Understand and demonstrate the ethics of care and professional behavior as it relates to medical nutrition therapy.

ASSIGNMENT VALUES:

Medical Terminology Quizzes (6):	50 pts
Case Studies (7):	155 pts
Blood Glucose Project:	20 pts
Medical Nutrition Therapy Manual:	25 pts
Exams (2):	200 pts
Counseling Report:	<u>25 pts</u>
Tentative Total:	475 pts

QUIZZES:

There will be six 10-minute quizzes on abbreviations, conversions, calculations and/or medical terminology. No make-up quizzes will be allowed (regardless of reason for absence, e.g. sick, out of town, slept through class, dog ran away, traffic or weather). You can drop one quiz. These quizzes are intended to help you stay current with the material. Think of them as a bonus for paying attention in class (and for showing up on the day of the quiz). If you arrive late to class, you will not be given extra time to complete the quiz. Plan to be early.

COUNSELING REPORT:

You will shadow a clinical out-patient dietitian during the semester (times to be scheduled). You will write a 2 page word processed report on the experience. Further details will be provided. You will be expected to be professional; this includes but is not limited to dress, prompt and polite to the RD and the patient.

Case Studies

Disease states covered in this course will be supplemented with a case study. You are expected to complete them **on your own**; this is not a collaborative effort. These case studies are your tool to learn more information about a disease state than can be covered in class; use this opportunity to learn. You must show all work for calculations in each case study. Your

answers must be concise, thorough, tidy and legible (yes, word processed) and in your own words (not those found in a text). All case studies are due at the beginning of class. Late case studies will not be accepted. You may be expected to write an ADI note from your case study during class with a small group of other students.

Medical Nutrition Therapy Manual

Students will compile a MNT manual on the various topics discussed during the course. The manual will include sections such as (but not limited to) assessment, drugs, abbreviations, and disease specific nutrient and dietary requirements. You will be given additional guidelines on how to create your manual. This is a continuation of your manual that you began in HDFN 401. This manual is not meant to be your library, rather a concise compilation of pertinent materials that you would need when working as a clinical intern and/or RD. This project is due at the end of the semester but you should work on it throughout the semester. My advice is that you do not leave this for the end of the semester.

EXAMS:

Tests will consist of multiple choice, essay and short answer, and case study questions. No make-up exams will be given without documentation from a medical professional.

GRADING:

If you feel you have been graded unfairly or incorrectly, you may discuss your answer with Dr. Campbell. It is your responsibility to discuss these issues with Dr. Campbell, if you choose not to then you must also choose to accept your grade.

Grades are based on the following percentages of total points possible. There will be no curving or other adjustments of grades. As a reminder, A = excellent work; B = good or above average; C = average; D = poor; and F = failing/unacceptable.

Grade	Grade points (%)		
A	4.0 (93-100)	C+	2.3 (77-79.9)
A-	3.7 (90-92.9)	C	2.0 (73-76.9)
B+	3.3 (87-89.9)	C-	1.7 (70-72.9)
B	3.0 (83-86.9)	D+	1.3 (67-69.9)
B-	2.7 (80-82.9)	D	1.0 (60-66.9)
		F	0.0 (below 60)

TURN AROUND TIME:

Never expect to receive a graded assignment or test for a **minimum** of one week after it has been turned in. If you do receive something in less than a week, do not expect that to become the standard.

Due Dates:

All assignments must be turned in at the beginning of the regularly scheduled class time. Late assignments will not be accepted except for medical reasons documented by a health care practitioner. "The printer didn't work this morning", "I forgot it at home", "my computer crashed last night" will not be accepted as reasons. Please plan appropriately for those items that can and do occur.

Communication

Check your email after 9 pm the evening prior to class. I regularly send information or material that might be needed for the next day. It is your responsibility to have your email address correct with the University. If you are not receiving emails from me, then investigate the reason. "but I didn't get your email", is not acceptable.

Student Responsibilities

1. To attend class as scheduled, to complete assignments in a timely manner, and to take exams as scheduled.
2. To be prepared for class. Do not study for another class during this one. If you need the extra time to prepare for another class, then take the time to do so but don't come to one class only to prepare for a different one.
3. To act as a professional in class, and health care facilities.
4. To seek assistance from the professor and the appropriate University support services (e.g. tutors, study skills counseling, career development, etc.), if the need for such service arises.
5. To meet the course standards as defined by the professor and articulated in the University's Student Academic Integrity and Conduct Guidelines.

CLASS POLICIES:

- 1) Any student found cheating or plagiarizing will receive an "F" or "0" for the course and will be reviewed by the MSU Conduct Committee.
 - a. Paraphrasing or quoting another's work without citing the source is a form of academic misconduct. Even inadvertent or unintentional misuse or appropriation of another's work (such as relying heavily on source material that is not expressly acknowledged) is considered plagiarism. If you have any questions about using and citing sources, you are expected to ask for clarification.
 - b. If you have been caught cheating and Dr. Campbell has already written a letter of recommendation for you, the letter will be revoked and the institution notified for which you have applied. If you have cheated, I am not able to professionally endorse you.
- 2) University policy states that, unless otherwise specified, students may not collaborate on graded material. In this course, all assignments are to be done on an **individual** basis unless otherwise stated. If you have any questions about the limits of collaboration, you are expected to ask for clarification.
 - a. Cheating **will not** be tolerated. Your profession requires integrity and your patients/clients are dependent upon you for accurate information. Practice this now while in school so that you can help your future patients. If you feel the need to cheat, please reassess whether or not this is the right profession for you.
- 3) Class Attendance Policy
 - a. Although attendance is not "required", you must attend greater than 75% of all classes to receive a passing grade. Failure to attend >75% of all classes will result in a grade less

than a C-. There will be a notebook each day and you will be required to sign yourself in at the beginning of each class period.

b. You need to identify a class "buddy". If you miss class, you need to get the material from your "buddy", not Dr. Campbell.

4) To make and keep appointments when necessary to meet with the instructor.

Keep in mind the following thoughts:

1. Are you recommendable?

If I go to a store, conference or the gym and someone asks me "oh, so and so is one of your students...should I hire them? What will I say?

Everything you do right now in class, group projects, my office or current employment leaves an impression...what is yours?

2. Do you have balance in your life?

Your senior year is stressful...you'll get no argument from me about that. Therefore I expect that at some point you will find yourself feeling overwhelmed. As people become overwhelmed, we let go of the things that help us de-stress (e.g. eating well, exercise, sleep). If it will help, please come and talk to me so we can strategize how to get that balance back in your life.

Tentative course outline (as of 8/28/07)

Date	Topic	Reading	Assignment due
T 8/28	Course overview		
R 8/30	Diabetes Mellitus (DM1 & DM2)	C. 19 (p. 570-604) American Diabetes Association Position Paper	
T 9/4			Quiz #1 – abbreviations & calculations
R 9/6			
T 9/11			Quiz #2 - DM
R 9/13			Blood Glucose Project
T 9/18			
R 9/20			CS#26: 1-17. For #17, use NPro; provide documentation. Also develop a 1-day meal plan using the exchange system. Ask me!
T 9/25	Cardiovascular Disease (Atherosclerosis, HTN, MI, CHF)	C.15 (p. 383-400) HTN: p. 376-382 MI: p. 401-7 CHF: p. 410-4	Quiz #3 - DM
R 9/27			
T 10/2	Guest Lecturer		CS#28: 1-13 (use HB, IOM & Mifflin-St. Jeor) 15-19, 22
R 10/4			Quiz #4 - CVD
T 10/9			
R 10/11			CS #7: 1-5, 7-21
T 10/16			
R 10/18	Obesity	p. 330-354	
T 10/23			CS#6 1-25 (use ADI, not SOAP)
R 10/25	Gastric Bypass		
T 10/30	Exam #1	Through CVD	
R 11/1			
T 11/6	Nutrition Support	C. 7 (p. 153-176)	Counseling Report Due

<i>Date</i>	<i>Topic</i>	<i>Reading</i>	<i>Assignment due</i>
R 11/8			Obesity Worksheet
T 11/13			
R 11/15			Quiz #5 - TF
T 11/20			Nutrition Support Worksheet
R 11/22	No class - Thanksgiving		
T 11/27			Quiz #6 - TPN
R 11/29			Nutrition Support Case Study
T 12/4			
R 12/6			MNT Manual
M 12/10	Final Exam 2-3:50 http://www.montana.edu/registrar/RegistrationHandbookFall07/RegistrationHandbookFall07.pdf	Cummulative	

Keep track of your scores for each assignment in the following table. At any time you can determine your grade:

1. Add up **your** points thus far
2. Add up the **total** possible points thus far
3. Divide your points by the total amount of points possible, multiply by 100. This equals your percentage in the class thus far. Keep in mind that you will be able to drop the lowest two scores received on the quizzes.

Project	Your points	Possible points	Project	Your points	Possible points
Quiz #1		10	CS#26*		25
Quiz #2		10	CS#28*		25
Quiz #3		10	CS#7*		25
Quiz #4		10	CS#6*		25
Quiz #5		10	Obesity WS*		20
Quiz #6		10	NS WS*		10
BG Project		20	NS CS*		25
Counseling Report		25	Exam #1		100
Manual pages		25	Exam #2		100
Other			Total		475

*point assignment is tentative