

DIE 4245
Class #18920
Medical Nutrition Therapy Applications – Part I: Fall 2023

Instructor

Dr. Laura Acosta, DCN, RDN, LDN

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Office Hours:

- 3:00-4:30pm on Wednesdays by appointment (email for appointment time). All office hours will be held on Zoom, unless otherwise arranged. See Canvas for Zoom link.

Teaching Assistant

Paula Domingues

Office Hours TBA

Course Location & Meeting Times

Monday 11:45am-1:40pm (5th and 6th periods) in Weimer Hall Room 1070

Wednesday 11:45am-12:35pm (5th period) on Zoom (except for our first day of class, 8/23, we'll be in person!)

Recording Policies

Note that our class sessions will be audio visually recorded for students in the class to refer back and for enrolled students who are unable to attend live. Students on Zoom who participate with their camera engaged or utilize a profile image are agreeing to have their video or image recorded. Likewise, students who un-mute during class and participate orally are agreeing to have their voices recorded.

Students are allowed to record their own video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor. A "class lecture" is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session. Publication without permission of the instructor is prohibited. To "publish" means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or

transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

Course Description

Part 1 of a 2 semester sequence. This course focuses on application of the Nutrition Care Process including development of nutrition assessment skills and formulation of nutrition care plans for case study patients including those requiring enteral and parenteral nutrition. This course is limited to Dietetics majors only.

Credits: 3

Students enrolled in this course should also be enrolled in HUN4445 (Nutrition and Disease 1). Material covered in HUN4445 will be applied in classroom activities, assignments, quizzes and examinations.

Prerequisite:

- HUN2201 (Fundamentals of Human Nutrition)

Co-requisites:

- HUN4445 (Nutrition and Disease 1)
- BCH3025 or BCH4024 (Biochemistry)
- APK2105C or PCB4723C (Physiology)

Required Materials

- Fremgen BF, Frucht SS. (2019). Medical Terminology: A Living Language, 7th Ed. Pearson. ISBN-13: 9780134701202
- OR**
- Fremgen BF, Frucht SS. (2015). Medical Terminology: A Living Language, 6th Ed. Pearson. ISBN-13: 978-0134070254
- Computer with reliable internet access, webcam, and microphone
- Access to e-Learning (Canvas): <https://elearning.ufl.edu/>
- Access to Zoom: <https://ufl.zoom.us>
- Access to MS Word, MS PowerPoint, and PDF reader software
- Pocket-size (about 4"x7") loose-leaf notebook for Nutrition Reference Handbook (with paper and tab dividers)
- Student membership in the Academy of Nutrition and Dietetics (AND) for access to the Evidence Analysis Library (EAL):
 - If you're not already a member of the AND, you can join here: <https://www.eatrightpro.org/membership/membership-types-and-criteria/student-member>
 - Once you are an active AND member, you can access the EAL here: <https://www.eatrightpro.org/research/applied-practice/evidence-analysis-library>
- Skinfold caliper

- These can vary considerably in price. We don't need anything fancy for this class. A cheap one like this is fine: https://www.amazon.com/Sequoia-Fitness-TrimCal-Caliper-Health/dp/B00B2MIDFY/ref=sr_1_2?dchild=1&keywords=skinfold+caliper&qid=1598464414&sr=8-2
- Soft, flexible tape measure
 - You can usually find these at craft stores or fabric stores, or here is one on Amazon: https://www.amazon.com/Measure-Flexible-Measurement-Centimetre-60-inch%EF%BC%88White%EF%BC%89/dp/B07MT89MCW/ref=sr_1_1?dchild=1&keywords=flexible+tape+measure&qid=1598464518&sr=8-1
- A “patient” to practice with... for some activities in this course, you'll need to recruit a friend or family member to be your mock patient.

Optional Materials

- Nelms M, Sucher K. (2020). Nutrition Therapy and Pathophysiology, 4th Edition. Boston, MA: Cengage Learning. ISBN-13: 978-0357041710
OR
- Nelms M, Sucher K, Lacey K. (2016). Nutrition Therapy and Pathophysiology, 3rd Edition. Boston, MA: Cengage Learning. ISBN-13: 978-1305111967
- Mordarski B, Wolff J. Nutrition Focused Physical Exam Pocket Guide, Third Edition. Academy of Nutrition and Dietetics. Available at: <https://www.eatrightstore.org/product-type/pocket-guides/nutrition-focused-physical-exam-pocket-guide-third-edition> (\$24.99 for Academy members)

Course Goals

Upon completion of this course, students should be able to:

1. Comprehend and use medical terminology and medical abbreviations in oral and written communication.
2. Apply the Nutrition Care Process by performing nutrition assessments, making nutrition diagnoses, developing nutrition interventions, and identifying appropriate monitoring and evaluation indicators and criteria.
3. Write professional, appropriate chart notes for simulated patients/clients.
4. Use an evidence-based approach to dietetics practice.

Foundation Knowledge and Learning Outcomes

Activities in this course are designed to contribute to students achieving the following learning outcomes defined by the Accreditation Council for Education in Nutrition and Dietetics (ACEND):

- KRDN 1.2: Select and use appropriate current information technologies to locate and apply evidence-based guidelines and protocols.
- KRDN 2.1: Demonstrate effective and professional oral and written communication and documentation.
- KRDN 2.4: Discuss the impact of health care policy and different health care delivery systems on food and nutrition services.

Student Evaluation

This course has 600 possible points. Evaluation is based on the following performance indicators:

Attendance (see Attendance Policy, below)	50
Medical terminology quizzes (5 @ 25 points each, lowest dropped)	100
Case Studies	140
Case Study 1: 25 points	
Case Study 2: 40 points	
Case Study 3: 75 points	
Nutrition-Focused Physical Exam Demo	20
In-Class and Homework Assignments	90
<u>Exams 1 & 2 @ 100 points each</u>	<u>200</u>
Total	600

In addition, students are to develop a Nutrition Reference Handbook, which may be used during exams. Guidelines for the handbook are available on Canvas.

Student Preparation for Class

Students are expected to use a self-instructional approach to learn medical terminology and abbreviations. The medical terminology textbook selected for this course is designed for self-instructional use. Students are expected to complete reading assignments in advance. Class preparation may require use of the Internet, library and/or other reference materials. Students are expected to bring course notes and materials from Canvas to class and to contribute to class discussions.

Class Attendance

Attendance is required for all dietetics (DIE) courses. "Attendance" is more than just being present (either physically or on Zoom). It means being attentive and engaged, not working on other tasks. On the days we meet via Zoom, come to class in a quiet space without distractions. You should not be working at a job, traveling, "multitasking", etc. **You must have your camera on in order to be counted as "present"**. If you must keep your camera off for some reason, communicate with instructor and course TA about this ahead of time.

Students who miss class due to illness, family emergency, or other extenuating circumstance must complete the Instructor Notification Process ([Contact My Instructor | CARE \(ufl.edu\)](#)) through the Dean of Students Office to be eligible for an excused absence. We understand that sometimes "life happens" and you may occasionally miss class due to circumstances that are not necessarily documentable emergencies. For this reason, we will allow **up to 3** absences for the semester with no documentation needed and no questions asked. Absences beyond the allowed 3 will require notification from the Dean of Students Office (DSO) per above. If no DSO notification is provided, absences beyond the allowed 3 will result in a deduction of **10 points** from the attendance grade, in addition to a **grade of 0** for any work that was missed. Tardiness is unacceptable in the workplace and therefore also inappropriate in the classroom. Tardiness beyond 10 minutes will result in a deduction of **5 points** from the attendance grade.

Absences and Make-Up Work

Requirements for class attendance and make-up exams, assignments and other work are consistent with university policies that can be found at: <https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/>

Assignments are due on the date indicated on the syllabus. Late assignments will be penalized 10% for each day late. Quizzes are given during the first 10-15 minutes of class; students who are tardy will not be given extra time to complete quizzes.

Grades are not negotiable and will be assigned according to the following scale

560-600	93.34-100%	A
540-559	90-93.33%	A-
520-539	86.68-89.9%	B+
500-519	83.34-86.67%	B
480-499	80-83.33%	B-
460-479	76.68-79.9%	C+
440-459	73.34-76.67%	C
420-439	70-73.33%	C-
400-419	66.68-69.9%	D+
380-399	63.34-66.67%	D
360-379	60-63.33%	D-
<360	<60%	E

Grades and Grade Points

For information on current UF policies for assigning grade points, see <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>

Academic Honesty

As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge: *"We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity by abiding by the Student Honor Code."* You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit at the University of Florida, the following pledge is either required or implied: *"On my honor, I have neither given nor received unauthorized aid in doing this assignment."*

It is assumed that you will complete all work independently in each course unless the instructor provides explicit permission for you to collaborate on course tasks (e.g. assignments, papers, quizzes, exams). Furthermore, as part of your obligation to uphold the Honor Code, you should report any condition that facilitates academic misconduct to appropriate personnel. It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For more information regarding the Student Honor Code, please see: <https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/>.

Software Use

All faculty, staff and students of the university are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or

criminal penalties for the individual violator. Because such violations are also against university policies and rules, disciplinary action will be taken as appropriate.

Campus Helping Resources

Students experiencing crises or personal problems that interfere with their general wellbeing are encouraged to utilize the university’s counseling resources. The Counseling & Wellness Center provides confidential counseling services at no cost for currently enrolled students. Resources are available on campus for students having personal problems or lacking clear career or academic goals, which interfere with their academic performance.

Service	Phone	Web site	Services provided
University Counseling and Wellness Center	352-392-1575	https://counseling.ufl.edu/	<ul style="list-style-type: none"> • Counseling Services • Groups and Workshops • Outreach and Consultation • Self-Help Library • Wellness Coaching
U Matter We Care	umatter@ufl.edu 352-392-1575	http://www.umatter.ufl.edu/	Support for students in distress
Career Connections Center	352-392-1601	https://career.ufl.edu/	Career development assistance and counseling

Services for Students with Disabilities

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the Disability Resource Center (DRC). The DRC coordinates needed accommodations, including accommodations within the classroom, adaptive computer equipment, interpretation services, and mediation for faculty-student disability related issues. Here is the link to get started with the DRC: <https://disability.ufl.edu/students/get-started/>. It is important for students to share their accommodation letter with their instructors and discuss their access needs as early as possible in the semester.

Online Course Evaluation Process

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. [Click here for guidance on how to give feedback in a professional and respectful manner](#). Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via ufl.bluera.com/ufl/. [Summaries of course evaluation results are available to students here](#).

Writing Studio

The Writing Studio is committed to helping University of Florida students meet their academic and professional goals by becoming better writers. Individual assistance is provided and

students of all levels and disciplines are welcome (<https://writing.ufl.edu/writing-studio/>). Their office phone is (352) 846-1138.

Course Material Copyright and Confidentiality

All course material is the property of the University of Florida and the course instructor, and **may not** be posted online for any commercial or non-commercial purpose. Students found in violation may be subject to disciplinary action under the University's Student Conduct Code. Only students formally registered for the course are permitted to attend lectures and take quizzes/tests.

Filing a Complaint

The University of Florida believes strongly in the ability of students to express concerns regarding their experiences at the University. The University encourages its students who wish to file a written complaint to submit that complaint directly to the department that manages that policy.

A student who is unsure as to the official responsible for handling his or her particular complaint may contact the Ombuds office or the Dean of Students Office. For complaints that are not satisfactorily resolved at the department level or which seem to be broader than one department, students are encouraged to submit those complaints to one of the following offices:

Ombuds: <http://www.ombuds.ufl.edu/>
352-392-1308

The purpose of the Ombuds office is to assist students in resolving problems and conflicts that arise in the course of interacting with the University of Florida. By considering problems in an unbiased way, the Ombuds works to achieve a fair resolution and works to protect the rights of all parties involved.

Dean of Students Office: <http://www.dso.ufl.edu/>
352-392-1261

The Dean of Students Office works with students, faculty, and families to address a broad range of complaints either through directly assisting the student involved to resolve the issue, working with the student to contact the appropriate personnel, or referring the student to resources or offices that can directly address the issue. Follow up is provided to the student until the situation is resolved.

Additionally, the University of Florida regulations provide a procedure for filing a formal grievance in Regulation 4.012: <http://regulations.ufl.edu/regulations/uf-4-student-affairs/>

Email

Students are required to check their email account(s) daily (at least Monday through Friday) and respond to course/program related requests, inquiries, etc. in a timely manner.

Fall 2023 Class Schedule

	Date	Topic	Exams, Quizzes, Case Studies, and Assignments Due	Class Location
			<u>Exams</u> : You will be given the entire class period <u>Quizzes</u> : Will be given in the first 20 minutes of class <u>Assignments</u> : Due at 11:59pm, unless otherwise specified. This is a preliminary list; there will be additional assignments throughout the semester.	
Week 1	Wednesday August 23	Syllabus, Expectations, Getting to Know You!		Weimer 1070
Week 2	Monday August 28	Evidence-Based Practice	Welcome Survey Due	Weimer 1070
	Wednesday August 30	Nutrition Screening Lab	EAL Activity Due	ZOOM
Week 3	Monday September 4	NO CLASS: LABOR DAY		
	Wednesday September 6	TBA Lab	HIPAA Certificate Due	ZOOM
Week 4	Monday September 11	Malnutrition Diagnostic Framework Nutrition-Focused Physical Exam (NFPE) Lab 1	Nutrition Screening Lab Due	Weimer 1070
	Wednesday September 13	Grip Strength	NFPE Lab 1	ZOOM

Week 5	Monday September 18	Nutrition-Focused Physical Exam (NFPE) Lab 2 Introduction to Dietary Interview Lab	Medical Terminology Quiz 1	Weimer 1070
	Wednesday September 20	Dietary Interview Lab	NFPE Lab 2	ZOOM
Week 6	Monday September 25	Introduction to Case Study 1 and Charting in the Medical Record Case Study 1 Mind Map	Medical Terminology Quiz 2 Dietary Interview Lab Due	Weimer 1070
	Wednesday September 27	The ADIME Note: Assessment		ZOOM
Week 7	Monday October 2	The ADIME Note: Assessment (continued) and Diagnosis (PES Statements)		Weimer 1070
	Wednesday October 4	NO CLASS MEETING NPFE Demonstrations [individually scheduled throughout the week]		ZOOM
Week 8	Monday October 9	NO CLASS: FNCE		
	Wednesday October 11	NO CLASS: FNCE		
Week 9	Monday October 16	EXAM 1	EXAM 1	Weimer 1070
	Wednesday October 18	Introduction to Case Study 2 Case Study 2 Assessment and Diagnosis	Case Study 1 Due	ZOOM
Week 10	Monday October 23	Case Study 2 Assessment and Diagnosis Revisiting PES Statements	Medical Terminology Quiz 3	Weimer 1070
	Wednesday October 25	Case Study 2 Assessment and Diagnosis		ZOOM
Week 11	Monday October 30	The ADIME Note: Intervention Case Study 2 Intervention	Medical Terminology Quiz 4	Weimer 1070

	Wednesday November 1	The ADIME Note: Monitoring and Evaluation Case Study 2 Monitoring and Evaluation		ZOOM
Week 12	Monday November 6	TBA Lab		Weimer 1070
	Wednesday November 8	Case Study 2 Monitoring and Evaluation; Work in Groups to Finish Case Study 2	Case Study 2 Due	ZOOM
Week 13	Monday November 13	Feeding the ICU Patient: Clinical Dilemmas Introduction to Case Study 3	Medical Terminology Quiz 5	Weimer 1070
	Wednesday November 15	TBA Lab		ZOOM
Week 14	Monday November 20	NO CLASS: THANKSGIVING		
	Wednesday November 22	NO CLASS: THANKSGIVING		
Week 15	Monday November 27	TBA Lab		Weimer 1070
	Wednesday November 29	Review for Exam 2		ZOOM
Week 16	Monday December 4	EXAM 2	EXAM 2	Weimer 1070
	Wednesday December 6	Course Evaluation and Wrap Up	Wrap Up Activity Due Case Study 3 Due (soft deadline)	ZOOM
Final Exam	Tuesday December 12	Case Study 3 (hard deadline)		