

DIE 4245
Class # 18287
Medical Nutrition Therapy Applications – Part I: Fall 2024

Instructor

Dr. Laura Acosta, DCN, RDN, LDN

Office: Building 120, Room 104D

Office Phone/Voicemail: 352-273-3472

Email (preferred contact method): ljacosta@ufl.edu

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.

Course Location & Meeting Times

Monday 11:45am-1:40pm (5th and 6th periods) in BAR 0211

Wednesday 11:45am-12:35pm (5th period) on Zoom

Recording Policies

Note that our class sessions may be audio visually recorded for students in the class to refer back and for enrolled students who are unable to attend live. Students 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. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

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](https://www.amazon.com/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 2022 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 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 the instructor 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 be considered an absence.

Late Policy

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 20 minutes of class; students who are tardy will not be given extra time to complete quizzes.

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.

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/>

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/>

Online Course Evaluation Process

Student assessment of instruction is an important part of efforts to improve teaching and learning. At the end of the semester, students are expected to provide feedback on the quality of instruction in this course using a standard set of university and college criteria. Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at: <https://gatorevals.aa.ufl.edu/students/>. 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 <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at: <https://gatorevals.aa.ufl.edu/public-results/>.

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: <http://www.dso.ufl.edu/sccr/process/student-conduct-honor-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.

Services for Students with Disabilities

The Disability Resource Center coordinates the needed accommodations of students with disabilities. This includes registering disabilities, recommending academic accommodations within the classroom, accessing special adaptive computer equipment, providing interpretation services and mediating faculty-student disability related issues. Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation.

0001 Reid Hall, 352-392-8565, <https://disability.ufl.edu/>

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.

University Counseling & Wellness Center, 3190 Radio Road, 352-392-1575,
www.counseling.ufl.edu

- Counseling Services
- Groups and Workshops
- Outreach and Consultation
- Self-Help Library
- Wellness Coaching

U Matter We Care, www.umatter.ufl.edu/

Career Connections Center, First Floor JWRU, 392-1601, <https://career.ufl.edu/>

Student Success Initiative, <http://studentsuccess.ufl.edu>

Student Complaints:

- Residential Course: <https://sccr.dso.ufl.edu/policies/student-honor-code-studentconduct-code/>
Online Course: <https://pfs.tnt.aa.ufl.edu/state-authorization-status/#student-complaint>

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.

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.

Use of Artificial Intelligence (AI) Tools

Note that the accuracy and credibility of information from AI-based platforms (e.g., ChatGPT, CoPilot, etc.) are questionable. If students use AI tools to prepare their assignments, it is the students' responsibility to ensure the accuracy of the information, to acknowledge the use of AI assistance and sources by explicitly stating which AI tool(s) were used and for what purpose(s), and to abide by the UF Honor Code. AI tools are **not allowed** for quizzes or exams.

Fall 2024 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	Monday August 26	Syllabus, Expectations, Getting to Know You!	Welcome Survey Due	Bartram 0211
	Wednesday August 28	Evidence-Based Practice		ZOOM
Week 2	Monday September 2	NO CLASS: LABOR DAY		
	Wednesday September 4	Nutrition Screening Lab	EAL Activity Due HIPAA Certificate Due	ZOOM
Week 3	Monday September 9	Malnutrition Diagnostic Framework Nutrition-Focused Physical Exam (NFPE) Lab 1 – Fat and Muscle Wasting	Nutrition Screening Lab Due	Bartram 0211
	Wednesday September 11	Grip Strength	NFPE Lab 1 (Fat and Muscle Wasting) Due	ZOOM
Week 4	Monday September 16	Nutrition-Focused Physical Exam (NFPE) Lab 2 - Anthropometry	Medical Terminology Quiz 1 Grip Strength Lab Due	Bartram 0211

	Wednesday September 18	Dietary Interview Lab		ZOOM
Week 5	Monday September 23	Introduction to Case Study 1 and Charting in the Medical Record Case Study 1 Mind Map	Medical Terminology Quiz 2 NFPE Lab 2 (Anthropometry) Due	Bartram 0211
	Wednesday September 25	The ADIME Note: Assessment	Dietary Interview Lab Due	ZOOM
Week 6	Monday September 30	The ADIME Note: Assessment (continued) and Diagnosis (PES Statements)		Bartram 0211
	Wednesday October 2	Review for Exam 1	Case Study 1 Mind Map Due	ZOOM
Week 7	Monday October 7	NO CLASS: FNCE Conference		
	Wednesday October 9	NO CLASS: FNCE Conference		
Week 8	Monday October 14	EXAM 1	EXAM 1	Bartram 0211
	Wednesday October 16	Introduction to Case Study 2 Case Study 2 Assessment and Diagnosis	Case Study 1 Due	ZOOM
Week 9	Monday October 21	NO CLASS MEETING NPFE Demonstrations [individually scheduled throughout the week]		
	Wednesday October 23	Case Study 2 Assessment and Diagnosis		ZOOM
Week 10	Monday October 28	Case Study 2 Assessment and Diagnosis Revisiting PES Statements	Medical Terminology Quiz 3	Bartram 0211
	Wednesday October 30	The ADIME Note: Intervention Case Study 2 Intervention		ZOOM
Week 11	Monday November 4	The ADIME Note: Monitoring and Evaluation	Medical Terminology Quiz 4	Bartram 0211

		Case Study 2 Monitoring and Evaluation		
	Wednesday November 6	Case Study 2 Monitoring and Evaluation; Work in Groups to Finish Case Study 2	Case Study 2 Due	ZOOM
Week 12	Monday November 11	NO CLASS: VETERAN'S DAY		
	Wednesday November 13	Feeding the ICU Patient: Clinical Dilemmas		ZOOM
Week 13	Monday November 18	Introduction to Case Study 3	Medical Terminology Quiz 5	Bartram 0211
	Wednesday November 20	Review for Exam 2		ZOOM
Week 14	Monday November 25	NO CLASS: Happy Thanksgiving Week!		
	Wednesday November 27	NO CLASS: Happy Thanksgiving Week!		
Week 15	Monday December 2	EXAM 2	EXAM 2	Bartram 0211
	Wednesday December 4	Course Evaluation and Wrap Up	Wrap Up Activity Due Case Study 3 Due	ZOOM