

HUN4445
Nutrition and Disease – Part I: Spring 2022

Instructor

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Office Hours on Zoom

Teaching Assistant

TBA

Course Location & Meeting Times

This is an online, synchronous course. We will meet on Zoom on Tuesdays and Thursdays, 1:55-2:45pm (7th period)

Tuesday Zoom Classroom:

<https://ufl.zoom.us/j/95577431178?pwd=K3I3Q1R0SE8wMG84Y0FOYjB1ZXJSQT09>

Meeting ID: 955 7743 1178

Passcode: 374429

Thursday Zoom Classroom:

<https://ufl.zoom.us/j/97681585489?pwd=cU1SdXNXeXRINFhvWENwUXVVFdsQT09>

Meeting ID: 976 8158 5489

Passcode: 680278

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.

Course Description

Part one of a two-semester sequence that focuses on assessing the nutritional status of individuals and on the biochemical and pathophysiological bases of diseases and conditions that require specialized nutrition support or medical nutrition therapy.

Prerequisites: Fundamentals of Human Nutrition (HUN2201) and Organic Chemistry 2 (CHM2211)

Corequisites: Biochemistry (BCH3025 or BCH4024) and Physiology (APK2015C or PCB4723C)

Credits: 2

Required Materials

- Computer with reliable internet access
- Webcam and microphone
- Access to e-Learning (Canvas): <https://elearning.ufl.edu/>
- Access to Zoom: <https://ufl.zoom.us>
- Google Chrome browser with the HonorLock extension for quizzes and exams
 - Chrome can be downloaded here: <https://www.google.com/chrome>
 - The HonorLock Extension can be downloaded here: <https://static.honorlock.com/install/extension>
- Access to MS Word, MS PowerPoint, and PDF reader software

Course Objectives

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

1. Describe how to conduct a comprehensive nutrition assessment
2. Describe the etiology, symptoms, clinical findings and pathophysiology associated with diseases and conditions covered in this course.
3. Describe the nutritional management of the diseases and conditions covered in this course.
4. Differentiate between enteral and parenteral nutrition; identify appropriate situations for using these feeding modalities; calculate the energy, protein and fluid content of formulas; and make appropriate recommendations with regard to initiation and monitoring of enteral and parenteral solutions.
5. Evaluate the impact of food/nutrient-drug interactions on nutritional status and drug efficacy and recommend appropriate intervention strategies.
6. Describe research designs used in nutrition research and discuss their strengths and limitations and the features that increase confidence that results are valid.

Recommended Text

- 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

Course Format

We will use a “flipped classroom” model in this course. The general pattern will be:

- Thursday: Lecture to introduce new concepts and set the stage for the week.
- Thursday through the following Tuesday: Online content to review independently (this may consist of videos, readings, etc.)
- Tuesday: Discuss and synthesize concepts; wrap up the topic.

Attendance

Attendance is required for this course. “Attendance” is more than just logging into class on Zoom. It means being attentive and engaged, and not working on other tasks. 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 Danielle and Mrs. Acosta about this ahead of time.

Each student is allowed 3 absences that will not count against your grade. After that, there will be a 5 point deduction for each absence. Tardiness is unacceptable in the workplace and therefore also inappropriate in the classroom. Students who are more than 10 minutes late will lose **2 points** from their attendance grade each time they are tardy.

Student Evaluation

Final grades will be based on in-class activities, weekly online quizzes, one case study, one research article assignment, three unit exams, and a cumulative final exam.

Quizzes: Quizzes will be given in Canvas. They will open on Friday afternoons, and close on Thursdays (the following week) at 11:59pm.

Interprofessional Case Study: This project includes both group and individual components. It is due on the date indicated on the syllabus. Late submissions will be penalized 10% for each day late.

Exams: Exams will be given on Canvas, using HonorLock. In the weeks that we have exams, they will open on Fridays, and must be completed by the following Monday at 11:59pm. Exams are designed to take 50 minutes. However, everyone will be given “double time” (100 minutes) for exams. Failure to take an exam will result in a score of 0.

Extra credit projects will not be available. However, there will be opportunities to earn “bonus points” throughout the semester. You must be present in class to take advantage of these opportunities.

Performance Indicators

Attendance	10
In-class Activities	20
Weekly Quizzes (6 points each)	60
Case Study	60
Exams 1, 2 & 3 @ 100 points each	300
Final exam (3/4 comprehensive + 1/4 new material)	<u>150</u>
Total	600

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

560-600	93.34-100%	A	400-419	66.68-69.9%	D+
540-559	90-93.33%	A-	380-399	63.34-66.67%	D
520-539	86.68-89.9%	B+	360-379	60-63.33%	D-
500-519	83.34-86.67%	B	<360	<60%	E
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-			

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/>

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

			<ul style="list-style-type: none"> • 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 main office is 302 Tigert Hall, and 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.

Spring 2022 Class Schedule

	Date	Topic	Optional Textbook Readings (Nelms, Sucher) 3 rd = Third Edition 4 th = Fourth Edition Additional supplemental readings will be posted on Canvas	Major Assignments and Exams
Introduction	Thursday January 6	Syllabus and Expectations		
	Tuesday January 11	Introducing the Nutrition Care Process		
Week 1: Thursday Jan 13 – Tuesday Jan 18	Thursday January 13	The Nutrition Care Process	3 rd : Chapter 2 4 th : Chapter 2	
	Watch for Tuesday...	Nutrition Screening		
	Tuesday January 18	Nutrition Screening Activity and Review	3 rd : Chapter 3 (pg. 37) 4 th : Chapter 3 (pg. 44)	
Week 2: Thursday Jan 20 – Tuesday Jan 25	Week 1 Quiz Due by 11:59pm on Thursday, January 20			
	Thursday January 20	Malnutrition	3 rd : Chapter 3 (pgs. 49-56 and 67-68) 4 th : Chapter 3 (pgs. 51-59, 65-66 and 71-72)	
	Watch for Tuesday...	Anthropometrics and Body Composition		

	Tuesday January 25	Malnutrition and Anthropometry Activity and Review		
Week 3: Thursday Jan 27 – Tuesday Feb 1	Week 2 Quiz due by 11:59pm on Thursday, January 27			
	Thursday January 27	Dietary Assessment	3 rd : Chapter 3 (pgs. 41-49 and 62-66) 4 th : Chapter 3, Sections 3.4, 3.5, and 3.10 (pgs. 45-50 and 67-70)	
	Watch for Tuesday...	Estimating Energy Needs		
	Tuesday February 1	Dietary Assessment and Energy Needs Activity and Review		
Week 4: Thursday Feb 3 – Tuesday Feb 8	Week 3 Quiz due by 11:59pm on Thursday, February 3			
	Thursday February 3	Protein Needs	3 rd : Chapter 3 (pgs. 56-61 and 66-67) and Chapter 7 (pg. 130) 4 th : Chapter 3 (pg. 60-64, 70) and Chapter 9 (pg. 142)	
	Watch for Tuesday...	Fluid Needs Interpreting Labs		
	Tuesday February 8	Protein, Fluids, and Labs Activity and Review		
Week 5: Thursday Feb 10 – Tuesday Feb 15	Week 4 Quiz due by 11:59pm on Thursday, February 10			
	Thursday February 10	Review for Unit 1 Exam		
	Complete By Monday...	Unit 1 Exam: Nutrition Assessment (Due Monday, February 14 at 11:59pm)		UNIT 1 EXAM
	Tuesday February 15	Introduction to Enteral Nutrition		

Week 6: Thursday Feb 17 – Tuesday Feb 22	No quiz due this week			
	Thursday February 17	Enteral Nutrition (Part 2)	3 rd : Chapter 5 (pgs. 88-103) 4 th : Chapter 5 (pgs. 92-108)	
	Watch for Tuesday...	Enteral Nutrition (Part 3)		
	Tuesday February 22	Enteral Nutrition Activity and Review		
Week 7: Thursday Feb 24 – Tuesday Mar 1	Week 6 Quiz due by 11:59pm on Thursday, February 24			
	Thursday February 24	Parenteral Nutrition (Part 1)		
	Watch for Tuesday...	Finish Parenteral Nutrition Part 1	3 rd : Chapter 5 (pgs. 103-113) 4 th : Chapter 5 (pgs. 108-120)	
	Tuesday March 1	Parenteral Nutrition Review and Activity		
Week 8: Thursday Mar 3 – Tuesday Mar 8	Week 7 Quiz due by 11:59pm on Thursday, March 3			
	Thursday March 3	Parenteral Nutrition (Part 2)		
	Tuesday March 8	Spring Break!		
Week 9: Thursday Mar 10 – Tuesday Mar 15	No quiz this week			
	Thursday March 10	Spring Break!		
	Watch for Tuesday...	Finish Parenteral Nutrition (Part 2)		
	Tuesday March 15	Parenteral Nutrition Review and Activity Introduction to Case Study		

Week 10: Thursday Mar 17 – Tuesday Mar 22	Week 8-9 Quiz due by 11:59pm on Thursday, March 17			
	Thursday March 17	Review for Exam 2		
	Complete By Monday...	Unit 2 Exam: Nutrition Support (Due Monday, March 21 at 11:59pm)		UNIT 2 EXAM
	Tuesday March 22	Case Study		
Week 11: Thursday Mar 24 – Tuesday Mar 29	No quiz this week			
	Thursday March 24	Introduction to Nutrition and Cancer	3 rd : Chapter 23 4 th : Chapter 23	
	Watch for Tuesday...	Nutrition and Cancer (Part 2)		
	Tuesday March 29	Nutrition and Cancer (Part 3)		
Week 12: Thursday March 31 – Tuesday April 5	Week 11 Quiz due by 11:59pm on Thursday, March 31			
	Thursday March 31	Critical Care	3 rd : Chapter 22 4 th : Chapter 22	CASE STUDY DUE
	Watch for Tuesday...	Nutrition and Pharmacology	3 rd : Chapters 11 and 24 4 th : Chapter 11, and Chapter 22 Section 22.11 (pgs. 693-698)	
	Tuesday April 5	Critical Care and Pharmacology Activity and Review		
Week 13: Thursday Apr 7 – Tuesday Apr 12	Week 12 Quiz due by 11:59pm on Thursday, April 7			
	Thursday April 7	Review for Unit 3 Exam		
	Complete By Monday...	Unit 3 Exam: Cancer, Critical Care, and Pharmacology		UNIT 3 EXAM

		(Due Monday, April 11)		
	Tuesday April 12	Introduction to Renal Nutrition		
Week 14: Thursday Apr 14 – Tuesday Apr 19	No quiz due this week			
	Thursday April 14	Renal Nutrition (Part 2)		
	Watch for Tuesday...	HIV/AIDS		
	Tuesday April 19	HIV/AIDS Activity and Review		

FINAL EXAM: April 27, open 8am-8pm