

HUN4445
Nutrition and Disease – Part I: Spring 2023
Class Number 13176

Instructor

Laura Acosta, DCN, RDN, LD/N

Campus Office: Building 120, Room 104D

Campus Phone: 352-273-3472

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

Please use my UFL email, NOT Canvas email!

Office Hours:

- 3:00-4:30pm on Thursdays by appointment (email for appointment time).
 - Zoom Link for Thursday office hours:
 - <https://ufl.zoom.us/j/95974989990?pwd=SW1KYS8zenRiLzl6MGVhRzQ5YkRSQT09>
 - Meeting ID: 959 7498 9990
 - Passcode: 997232
- I may also be able to accommodate occasional appointments on other days. Please email if Thursdays do not work for you and we will arrange an alternate day.
- All office hours will be held on Zoom unless otherwise arranged.

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/91843522623?pwd=VmhxeDlrT0UrallVR1BoYzdWR2RWZz09>

Meeting ID: 918 4352 2623

Passcode: 470349

Thursday Zoom Classroom:

<https://ufl.zoom.us/j/94131556667?pwd=YUZTOUpIN0x5a3hjRHl5ZWhyRmNwdz09>

Meeting ID: 941 3155 6667

Passcode: 662225

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 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 the course TA about this ahead of time (with cc to Dr. Acosta).

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 attendance, in-class activities, weekly online quizzes, one case study, and three unit exams.

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

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.

Performance Indicators

Attendance	10
In-class Activities	20
11 Weekly Quizzes (6 points each, lowest score dropped)	60
Case Study	60
<u>Exams 1, 2 & 3 @ 150 points each</u>	<u>450</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 • 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 2023 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
	Tuesday January 10	Syllabus and Expectations		
Week 1: Thursday Jan 12 – Tuesday Jan 17	Thursday January 12	The Nutrition Care Process	3 rd : Chapter 2 4 th : Chapter 2	
	Watch for Tuesday...	Nutrition Screening	3 rd : Chapter 3 (pg. 37) 4 th : Chapter 3 (pg. 44)	
	Tuesday January 17	Nutrition Screening Activity and Review		
Week 2: Thursday Jan 19 – Tuesday Jan 24	Week 1 Quiz Due by 11:59pm on Thursday, January 19			
	Thursday January 19	Nutrition Screening Activity and Review		
	Watch for Tuesday...	Anthropometrics and Body Composition		
	Tuesday January 24	The Nutrition Care Process (continued)		

Week 3: Thursday Jan 26 – Tuesday Jan 31	Week 2 Quiz due by 11:59pm on Thursday, January 26			
	Thursday January 26	The Malnutrition Diagnostic Framework	3 rd : Chapter 3 4 th : Chapter 3	
	Watch for Tuesday...	Estimating Energy Needs Dietary Assessment		
	Tuesday January 31	Energy Needs Activity and Review		
Week 4: Thursday Feb 2 – Tuesday Feb 7	Week 3 Quiz due by 11:59pm on Thursday, February 2			
	Thursday February 2	Protein Needs	3 rd : Chapter 3 4 th : Chapter 3	
	Watch for Tuesday...	Fluid Needs Interpreting Labs		
	Tuesday February 7	Protein, Fluids, and Labs Activity and Review		
Week 5: Thursday Feb 9 – Tuesday Feb 14	Week 4 Quiz due by 11:59pm on Thursday, February 9			
	Thursday February 9	Review for Unit 1 Exam		
	Complete By Monday...	Unit 1 Exam: Nutrition Assessment (Due Monday, February 13 at 11:59pm)		UNIT 1 EXAM
	Tuesday February 14	Introduction to Enteral Nutrition		
Week 6: Thursday Feb 16 – Tuesday Feb 21	No quiz due this week			
	Thursday February 16	Enteral Nutrition (Part 1)	3 rd : Chapter 5 4 th : Chapter 5	
	Watch for Tuesday...	Enteral Nutrition (Parts 2 and 3)		

	Tuesday February 21	Enteral Nutrition Activity and Review		
Week 7: Thursday Feb 23 – Tuesday Feb 28	Week 6 Quiz due by 11:59pm on Thursday, February 23			
	Thursday February 23	Parenteral Nutrition (Part 1)	3 rd : Chapter 5 4 th : Chapter 5	
	Watch for Tuesday...	Parenteral Nutrition (Part 2)		
	Tuesday February 28	Parenteral Nutrition Activity and Review		
Week 8: Thursday Mar 2 – Tuesday Mar 7	Week 7 Quiz due by 11:59pm on Thursday, March 2			
	Thursday March 2	Introduction to Case Study		
	Tuesday March 7	Case Study		
Week 9: Thursday Mar 9 – Tuesday Mar 14	No quiz this week			
	Thursday March 9	Review for Unit 2 Exam		
	Tuesday March 14	Spring Break!		
Week 10: Thursday Mar 16 – Tuesday Mar 21	No quiz this week			
	Thursday March 16	Spring Break!		
	Complete By Monday...	Unit 2 Exam: Nutrition Support (Due Monday, March 20 at 11:59pm)		UNIT 2 EXAM

	Tuesday March 21	Nutrition and Cancer Part 1	3 rd : Chapter 23 4 th : Chapter 23	
Week 11: Thursday Mar 23 – Tuesday Mar 28	No quiz this week			
	Thursday March 23	Nutrition and Cancer Part 1 (continued)		
	Watch for Tuesday...	Nutrition and Cancer Parts 2 and 3		
	Tuesday March 28	Nutrition and Cancer Review		CASE STUDY DUE
Week 12: Thursday March 30 – Tuesday April 4	Week 11 Quiz due by 11:59pm on Thursday, March 30			
	Thursday March 30	TBA		
	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 4	Nutrition and Pharmacology Activity and Review		
Week 13: Thursday Apr 6 – Tuesday Apr 11	Week 12 Quiz due by 11:59pm on Thursday, April 6			
	Thursday April 6	Introduction to Critical Care	3 rd : Chapter 22 4 th : Chapter 22	
	Watch for Tuesday...	Nutrition and Critical Care		
	Tuesday April 11	Critical Care Activity and Review		

Week 14: Thursday Apr 13 – Tuesday Apr 18	Week 13 Quiz due by 11:59pm on Thursday, April 13			
	Thursday April 13	Renal Nutrition Part 1	3 rd : Chapter 18 4 th : Chapter 18	
	Watch for Tuesday	Nutrition and HIV/AIDS		
	Tuesday April 18	HIV/AIDS Activity and Review		
Week 15: Thursday Apr 20 – Tuesday Apr 25	Week 14 Quiz due by 11:59pm on Thursday, April 20			
	Thursday April 20	Renal Nutrition Part 2		
	Watch for Tuesday...	TBA		
	Tuesday April 25	Review for Unit 3 Exam		
Week 15 Quiz due by 11:59pm on Thursday, April 27				
FINAL EXAMS WEEK	May 3-5, 2023	Unit 3 Exam Will be open Wednesday, May 3 at 8:00am through Friday, May 5 at 12:00pm NOON. MUST BE COMPLETED BY MAY 5 at NOON!		UNIT 3 EXAM