

HUN4445
Nutrition and Disease – Part I: Spring 2024
Class Number 12941

Instructor

Dr. Laura Acosta, DCN, RDN, LD/N
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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 posted on Canvas.
- 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

Sofia Acevedo
sofiaacevedo@ufl.edu

Office Hours TBA – will be posted on Canvas.

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/96294613067?pwd=blljaTEvWGgwbnQ5VGhWekdpUStrQT09>

Meeting ID: 962 9461 3067

Passcode: 919659

Thursday Zoom Classroom:

<https://ufl.zoom.us/j/93571492074?pwd=TIRVaEZ4TU5lYmhLSWVNTnUvanJNZz09>

Meeting ID: 935 7149 2074

Passcode: 006923

Recording Policies

Note that our class sessions will be audio visually recorded for students to refer back to. 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.

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. In general, the pattern will be:

- Thursday: 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 there is a day that 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 **2 point** deduction for each absence. Likewise, each student is allowed up to 3 tardies that will not count against your grade. After that, students who are more than 10 minutes late will lose **1 point** from their attendance grade each time they are tardy. If there are extenuating circumstances that result in you missing class more than 3 times during the semester, please [use the Instructor Notification process through the Dean of Students Office](#) to be eligible for excused absences.

Student Evaluation

Final grades will be based on attendance, in-class activities, weekly online quizzes, one case study, one evidence-based practice project (“PICO project”), and three unit exams.

In-Class Activities: During certain class periods, we will complete active learning activities related to the course material for that week. These activities will be graded, and will count toward your point total for the course. Due to the nature of these activities, you must be present in class to participate. If you are absent, you will not be eligible to make up these activities. However, if you have formal documentation of an illness, emergency, or other extenuating circumstance through the Dean of Students Office, you may be eligible to be

“excused” from the activity so that it does not affect your grade. Please [use the Instructor Notification process through the Dean of Students Office](#).

Quizzes: Quizzes will be given in Canvas. They will open on Fridays, and close the following Thursday 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 for up to 3 days, and will receive a 0 after that. Early submissions (by the “soft deadline” on the syllabus) will receive +1 extra credit point.

Evidence-Based Practice Project (i.e. “PICO Project”): This is an individual project. It is due on the date indicated on the syllabus. Late submissions will be penalized 10% for each day late for up to 3 days, and will receive a 0 after that.

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 50-60 minutes. However, everyone will be given double time (120 minutes) for exams. Failure to take an exam will result in a score of 0.

While there may be opportunities for a few “bonus points” during the semester, 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	30
PICO Project	30
Exams 1, 2 & 3 @ 150 points each	450
<hr/> Total	<hr/> 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. 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/>.

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 their 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 2024 Schedule (subject to change, any changes will be announced and posted on Canvas)

	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 9	Syllabus and Expectations Introduction to The Nutrition Care Process		
Week 1: Thursday January 11 – Tuesday January 16	Thursday January 11	The Nutrition Care Process	3 rd : Chapter 2 4 th : Chapter 2	
	Watch for Tuesday...	Nutrition Screening		
	Tuesday January 16	Nutrition Screening Synthesis and Review		
Week 2: Thursday January 18 – Tuesday January 23	Week 1 Quiz Due by 11:59pm on Thursday January 18			
	Thursday January 18	Nutrition Screening Activity and Review		
	Watch for Tuesday...	Anthropometrics and Body Composition		
	Tuesday January 23	The Nutrition Care Process (continued)		

Week 3: Thursday January 25 – Tuesday January 30	Week 2 Quiz Due by 11:59pm on Thursday, January 25			
	Thursday January 25	The Malnutrition Diagnostic Framework	3 rd : Chapter 3 4 th : Chapter 3	
	Watch for Tuesday...	Estimating Energy Needs Dietary Assessment		
	Tuesday January 30	Energy Needs Synthesis and Review		
Week 4: Thursday February 1 – Tuesday February 6	Week 3 Quiz due by 11:59pm on Thursday, February 1			
	Thursday February 1	Protein Needs	3 rd : Chapter 3 4 th : Chapter 3	
	Watch for Tuesday...	Fluid Needs Interpreting Labs		
	Tuesday February 6	Protein, Fluids, and Labs Synthesis and Review		
Week 5: Thursday February 8 – Tuesday February 13	Week 4 Quiz due by 11:59pm on Thursday, February 8			
	Thursday February 8	Review for Unit 1 Exam		
	Complete By Monday...	Unit 1 Exam: Nutrition Assessment (Due Monday, February 12 at 11:59pm)		UNIT 1 EXAM
	Tuesday February 13	Introduction to Enteral Nutrition, GI Anatomy/Physiology Review		

Week 6: Thursday February 15 – Tuesday February 20	No quiz due this week			
	Thursday February 15	Enteral Nutrition (Part 1)	3 rd : Chapter 5 4 th : Chapter 5	
	Watch for Tuesday...	Enteral Nutrition (Parts 2 and 3)		
	Tuesday February 20	Enteral Nutrition Synthesis and Review		
Week 7: Thursday February 22 – Tuesday February 27	Week 6 Quiz due by 11:59pm on Thursday, February 22			
	Thursday February 22	Enteral Nutrition Activity and Review		
	Watch for Tuesday...	Parenteral Nutrition (Parts 1 and 2)	3 rd : Chapter 5 4 th : Chapter 5	
	Tuesday February 27	Parenteral Nutrition Synthesis and Review		
Week 8: Thursday February 29 – Tuesday March 5	Week 7 Quiz due by 11:59pm on Thursday, February 29			
	Thursday February 29	Parenteral Nutrition Activity and Review and Introduction to Interprofessional Case Study		
	Watch for Tuesday...	TBA		
	Tuesday March 5	Interprofessional Case Study		

Week 9: Thursday March 7 – Tuesday March 12	No quiz this week			
	Thursday March 7	Interprofessional Case Study		
	Date TBA	<i>Optional</i> Exam 2 Review Session		INTERPROFESSIONAL CASE STUDY – “SOFT DEADLINE” Friday, March 8, 11:59pm (+1 extra credit point)
	Tuesday March 12	Spring Break – NO CLASS		
Week 10: Thursday March 14 – Tuesday March 19	No quiz this week			
	Thursday March 14	Spring Break – NO CLASS		
	Complete By Monday...	Unit 2 Exam: Nutrition Support (Due Monday, March 18 at 11:59pm)		UNIT 2 EXAM
	Tuesday March 19	Nutritional Genomics Part 1		INTERPROFESSIONAL CASE STUDY DUE – FINAL DEADLINE
Week 11: Thursday March 21 – Tuesday March 26	Week 10 Quiz due by 11:59pm on Thursday, March 21			
	Thursday March 21	Nutrition and Cancer Part 1	3 rd : Chapter 23 4 th : Chapter 23	
	Watch for Tuesday...	Nutritional Genomics Part 2 Nutrition and Cancer Part 2		
	Tuesday March 26	Nutrition and Cancer: Synthesis and Review of Parts 1 and 2		

Week 12: Thursday March 28 – Tuesday April 2	Week 11 Quiz due by 11:59pm on Thursday, March 28			
	Thursday March 28	Nutrition and Cancer Part 3		
	Watch for Tuesday...	Nutrition and Critical Care	3 rd : Chapter 22 4 th : Chapter 22	
	Tuesday April 2	Critical Care Synthesis and Review		
Week 13: Thursday April 4 – Tuesday April 9	Week 12 Quiz due by 11:59pm on Thursday, April 4			
	Thursday April 4	Evidence-Based Practice + Introduction to PICO Project		
	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 9	Nutrition and Pharmacology Synthesis and Review		
Week 14: Thursday April 11 – Tuesday April 16	Week 13 Quiz due by 11:59pm on Thursday, April 11			
	Thursday April 11	Evidence-Based Practice (continued)		
	Watch for Tuesday...	TBA		
	Tuesday April 16	Evidence-Based Practice (continued)		

<p style="text-align: center;">Week 15: Thursday April 18 – Tuesday April 23</p>	Week 14 Quiz due by 11:59pm on Thursday, April 18			
	Thursday April 18	Evidence-Based Practice (continued)		
	Watch for Tuesday...	TBA		
	Tuesday April 23	Review for Exam 3		PICO PROJECT DUE
<p style="text-align: center;">FINAL EXAM WEEK</p>	No quiz this week			
	Thursday May 2	Unit 3 Exam: Nutrition in Disease You will have 2 hours to complete this exam. It will be open from 8am to 8pm on Thursday, May 2.		UNIT 3 EXAM