

DIE 4245
Class #20383
Medical Nutrition Therapy Applications – Part I: Fall 2021

Instructor

Laura Acosta, MS, RDN, LDN
Office: Building 120, Room 104D
Office Phone: 352-273-3472
Cell Phone: 914-523-7224
Email (preferred contact method): ljacosta@ufl.edu
Virtual Office Hours:

- 9:00-10:00am on Tuesdays by appointment (email for appointment time).
 - Zoom Link for Tuesday office hours:
 - <https://ufl.zoom.us/j/92152318628?pwd=b0tOTkF4WjYydFQ5WFN2NDdySFFWdz09>
 - Meeting ID: 921 5231 8628
 - Passcode: 403039
- I may also be able to accommodate occasional appointments on Thursdays. Please email if you need a Thursday time.
- All office hours will be held on Zoom.

Teaching Assistant

Amber Fritsche
Email: afritsche@ufl.edu
Office Hours: TBA

Course Location & Meeting Times

Times:

Monday 11:45am-1:40pm (5th and 6th periods), and Wednesday 11:45am-12:35pm (5th period)

Location:

- We will hold the first two weeks of class (prior to Labor Day) on Zoom (see Canvas for links)
- After Labor Day:
 - Mondays we will meet in McCarty D G001 (with option for remote attendance for students who are not cleared for campus)
 - Wednesdays we will meet on Zoom (see Canvas for links)

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. 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. The chat will not be

recorded or shared. 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
- 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.

Recommended 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, Second Edition. Academy of Nutrition and Dietetics. Available at: <https://www.eatrightstore.org/product-type/pocket-guides/nutrition-focused-physical-exam-pocket-guide-second-edition> (\$15 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):

- Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical evidence-based practice decisions. (KRDN 1.1)
- Use current information technologies to locate and apply evidence-based guidelines and protocols. (KRDN 1.2)
- Apply critical thinking skills. (KRDN 1.3)
- Demonstrate effective and professional oral and written communication and documentation. (KRDN 2.1)
- Discuss the impact of health care policy and different health care delivery systems on food and nutrition services. (KRDN 2.4)
- **Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates in the delivery of food and nutrition services. (KRDN 2.5)**
- **Use the Nutrition Care Process to make decisions, to identify nutrition-related problems and determine and evaluate nutrition interventions. (KRDN 3.1)**
- Analyze data for assessment and evaluate data to be used in decision-making for continuous quality improvement. (KRDN 4.6)

(The **bolded** items on the list above are ones that we directly measure in this course for ACEND accreditation purposes.)

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 | 50 |
| Clinical "Rounds" Presentations | 20 |
| Exams 1 & 2 @ 50 points each | 100 |
| Final Exam | 100 |
| Professionalism and Etiquette | 20 |
| <hr/> Total | <hr/> 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 Amber and Mrs. Acosta about this ahead of time.

Students who miss class due to illness or family emergency **MUST** email Amber (with cc to Mrs. Acosta) **prior to class** and provide appropriate documentation (doctor's note, police report, dated obituary, etc.) to be eligible to make up any quizzes, exams, or classwork for that day. Failure to do this will result in a deduction of **10 points** from the Attendance grade for each absence, 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. Any student who is more than 5 minutes late will lose **5 points** from their attendance grade each time he/she is tardy.

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/>

COVID-19 Safety

In response to COVID-19, the following practices are in place to maintain your learning environment, to enhance the safety of our in-classroom interactions, and to further the health and safety of ourselves, our neighbors, and our loved ones.

- If you are not vaccinated, get vaccinated. Vaccines are readily available at no cost and have been demonstrated to be safe and effective against the COVID-19 virus. Visit this link for details on where to get your shot, including options that do not require an appointment: <https://coronavirus.uflhealth.org/vaccinations/vaccine-availability/>. Students who receive the first dose of the vaccine somewhere off-campus and/or outside of Gainesville can still receive their second dose on campus.
- You are expected to wear approved face coverings at all times during class and within buildings even if you are vaccinated. Please continue to follow healthy habits, including best practices like frequent hand washing. Following these practices is our responsibility as Gators.
 - Sanitizing supplies are available in the classroom if you wish to wipe down your desks prior to sitting down and at the end of the class.
 - Hand sanitizing stations will be located in every classroom.
- If you are sick, stay home and self-quarantine. Please visit the UF Health Screen, Test & Protect website about next steps, retake the questionnaire and schedule your test for no sooner than 24 hours after your symptoms began. Please call your primary care provider if you are ill and need immediate care or the UF Student Health Care Center at 352-392-1161 (or email covid@shcc.ufl.edu) to be evaluated for testing and to receive further instructions about returning to campus. UF Health Screen, Test & Protect offers guidance when you are sick, have been exposed to someone who has tested positive or have tested positive yourself. Visit the [UF Health Screen, Test & Protect website](#) for more information.
 - Course materials will be provided to you with an excused absence, and you will be given a reasonable amount of time to make up work.
 - If you are withheld from campus by the Department of Health through Screen, Test & Protect you are not permitted to use any on campus facilities. Students attempting to attend campus activities when withheld from campus will be referred to the Dean of Students Office.
- Continue to regularly visit coronavirus.UFHealth.org and coronavirus.ufl.edu for up-to-date information about COVID-19 and vaccination.

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 2021 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 10 minutes of class <u>Assignments</u> : Due at 11:59pm, unless otherwise specified | |
| Week 1 | Monday August 23 | Syllabus, Expectations, Getting to Know You! | | ZOOM |
| | Wednesday August 25 | Evidence-Based Practice | Welcome Survey Due | ZOOM |
| Week 2 | Monday August 30 | Evidence-Based Practice / Nutrition Screening | | ZOOM |
| | Wednesday September 1 | Nutrition Screening Lab | HIPAA Certificate Due EAL Activity Due | ZOOM |
| Week 3 | Monday September 6 | NO CLASS: LABOR DAY | | |
| | Wednesday September 8 | TBA | | ZOOM |
| Week 4 | Monday September 13 | Malnutrition Diagnostic Framework Nutrition-Focused Physical Exam (NFPE) Lab 1 | Nutrition Screening Lab Due | McCarty D G001 |
| | Wednesday September 15 | Nutrition-Focused Physical Exam (NFPE) Lab 2 | NFPE Lab 1 | ZOOM |

| | | | | |
|------------|---------------------------|---|---|-------------------|
| Week 5 | Monday September 20 | Dietary Interview Lab | Medical Terminology Quiz 1 NFPE Lab 2 | McCarty D G001 |
| | Wednesday September 22 | Introduction to Case Study 1 and Charting in the Medical Record | Dietary Interview Lab Due | ZOOM |
| Week 6 | Monday September 27 | The ADIME Note: Assessment | Medical Terminology Quiz 2 Case Study 1 Mind Map Due | McCarty D G001 |
| | Wednesday September 29 | The ADIME Note: Diagnosis (PES Statements) | | ZOOM |
| Week 7 | Monday October 4 | Case Study 1 Review for Exam 1 | Medical Terminology Quiz 3 PES Statement Practice Due | McCarty D G001 |
| | Wednesday October 6 | NO CLASS MEETING NPFE Demonstrations [individually scheduled throughout the week] | | ZOOM |
| Week 8 | Monday October 11 | Exam 1 | Exam 1 | McCarty D G001 |
| | Wednesday October 13 | Finalize Case Study 1 | Case Study 1 Due | ZOOM |
| Week 9 | Monday October 18 | Revisiting PES Statements Nutrition Support Challenge Scenarios | | McCarty D G001 |
| | Wednesday October 20 | Introduction to Case Study 2 Case Study 2 Nutrition Assessment and Diagnosis | Nutrition Support Challenge Scenarios | ZOOM |
| Week 10 | Monday October 25 | The ADIME Note: Intervention Case Study 2 Assessment and Diagnosis Review, and Intervention | | McCarty D G001 |
| | Wednesday October 27 | The ADIME Note: Monitoring and Evaluation Case Study 2 Monitoring and Evaluation | | ZOOM |
| | Monday | Clinical Rounds | | ZOOM |

| | | | | |
|------------|-----------------------|--|---|----------------|
| Week 11 | November 1 | | | |
| | Wednesday November 3 | Clinical Rounds | | ZOOM |
| Week 12 | Monday November 8 | TBA | Case Study 2 Due | McCarty D G001 |
| | Wednesday November 10 | TBA | | ZOOM |
| Week 13 | Monday November 15 | Feeding the ICU Patient: Clinical Dilemmas Introduction to Case Study 3 | Medical Terminology Quiz 4 | McCarty D G001 |
| | Wednesday November 17 | Review for Exam 2 | | ZOOM |
| Week 14 | Monday November 22 | Exam 2 | Exam 2 | McCarty D G001 |
| | Wednesday November 24 | NO CLASS: THANKSGIVING BREAK! | | |
| Week 15 | Monday November 29 | TBA | Medical Terminology Quiz 5 | McCarty D G001 |
| | Wednesday December 1 | TBA | | ZOOM |
| Week 16 | Monday December 6 | Review for Final Exam | | McCarty D G001 |
| | Wednesday December 8 | Course Evaluation and Wrap Up | Wrap Up Activity Due Case Study 3 Due | ZOOM |
| Final Exam | Wednesday December 15 | Final Exam 3:00-5:00pm | Final Exam | McCarty D G001 |